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ABSTRACT

This handbook contains two types of materials: (1) texts in Swahili with English translations, and (2) vocabulary lists. The introduction of the book provides numerous suggestions for using the texts and lists to expand vocabulary, improve ability in using grammatical structures, developing writing and speaking ability, and improving listening comprehension skills. The handbook is divided into four sections: (1) culture, a collection of folktales; (2) health-related information; (3) articles on Tanzanian agriculture; and (4) articles on politics included specifically to help the volunteer learn to read the newspaper in Swahili and to talk about politics. The book is illustrated with pen-and-ink drawings. (AMH)

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Special Skills Handbook

by Annie K. Hawkinson

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LANGUAGE HANDBOOK SERIES

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PEACE CORPS

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Tanzanian Swahili

SPECIAL SKILLS HANDBOOK

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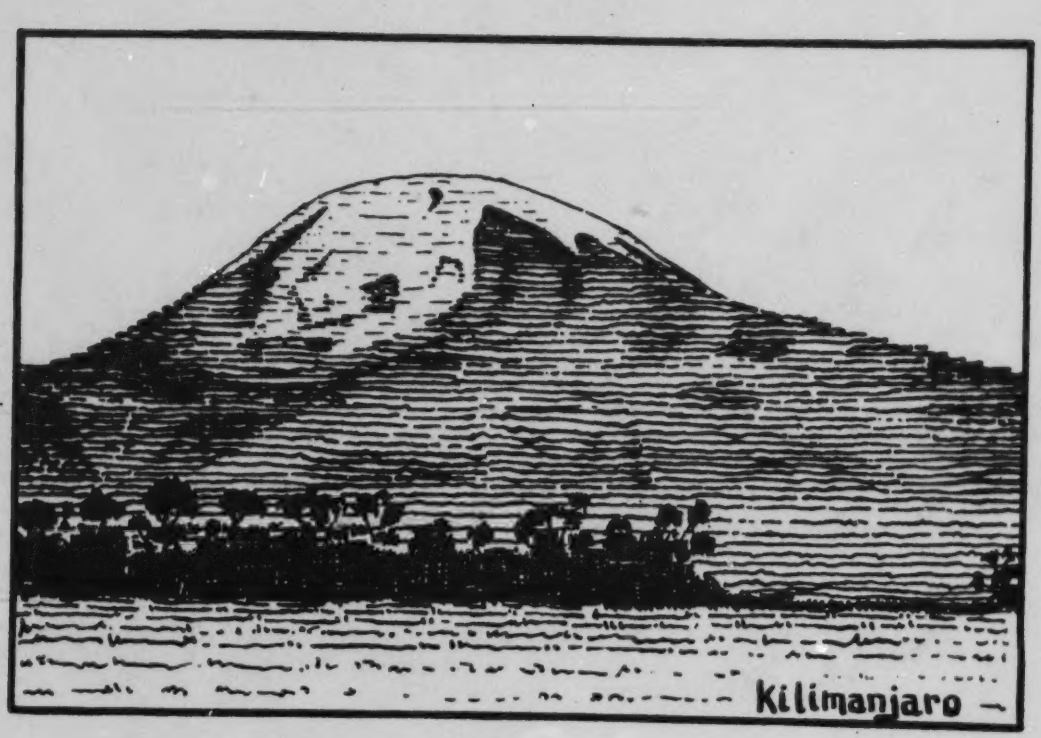
Tanzanian Swahili

SPECIAL SKILLS HANDBOOK



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How to Use this Handbook

There are two basic types of materials in this book:

I. Texts translated from Swahili into English
II. Vocabulary lists

You will notice that many of the longer texts have been divided into sections so you can work on them section by section. When you first start using the texts, it may be wiser to work on each section intensively rather than tackling several pages of material at one sitting.

I. Suggestions for Using the Swahili-English Texts.

A. Expanding Your Vocabulary

1. Choose several pairs of Swahili words and their English equivalents. Write each on separate cards, or pieces of paper, shuffle them and then try to match the English and the Swahili equivalents.

2. Underline several Swahili words (or phrases) and see if you can find the correct English equivalent. You might want to get together with someone else and have them underline the words for you to translate.

3. Now choose several English words (or phrases) and see if you can locate the Swahili equivalent. Again, it may be helpful to do this exercise with someone else.

B. Improving your Ability to Use Various Grammatical Structures

1. Translate the Swahili text into English and then compare it with the English translation which is provided in the book. You might want to do this with someone else and then compare your two translations. Often there is more than one way to translate Swahili into English so you should not consider your translations wrong if they are not the same but it would be a good idea to check your results with a native speaker.

2. Translate the English text in the book into Swahili and then compare it with the original. However, before changing your translation to agree with the one in the book, ask a Swahili speaker to correct it for you. You may find that your translation is not incorrect; that instead you have come up with another way to say the same thing.

3. For those texts which do not have an accompanying English translation (Part IV), try to translate them into English in the extra-wide margin and then ask a Swahili speaker to correct your translation.

4. Some of the texts are written as sets of instructions, e.g. "Oranges," "Papaya," "Pineapple," etc. Try to restate the instructions in different tenses. First try the future: "I'm going to plant," etc., and then try the past tense "I planted," etc.

5. Some of the stories can be re-told as first person narratives. For example, take the role of Musa in "A Man and a Crane" and re-tell the story saying: "I was a very good farmer. One day I put out a net," etc.

C. Developing Writing Ability

1. Try to write a brief summary in Swahili of what you have read. If you can, try to do it before you have read the English translation.

2. Pair up with another student who has written a summary of the same material. Try to correct one another's summaries before you consult with a native speaker.

D. Improving Speaking Ability

1. Pair up with another student or a Swahili speaker and orally summarize a story or one page of a text. Answer any questions which he or she may have about what you have talked about.

2. Sit down with a native Swahili speaker and discuss a topic based on one of the texts.

3. If it doesn't make you too nervous there are a couple of other exercises which are particularly useful:

a. Tape record your narrative and then sit down with a native speaker and ask him or her to correct your mistakes or tell you how you might have said it more naturally. That is, sometimes your Swahili may not be incorrect, but it may not sound (to a native speaker) natural. Ask your companion to tell you what he or she thinks would be more natural, i.e. what they themselves might say to describe the same thing.

b. If you haven't got a tape recorder then give your listener a notebook, or a piece of paper, to jot down any errors you made during your narrative. Then discuss them and find out how you could have said what you said correctly or more naturally.

E. For Improving Comprehension of Spoken Swahili

1. Ask a native speaker to read one of the Swahili texts silently and then summarize it for you orally. Then see if you can tell him or her (in Swahili) what they talked about. Try asking questions about points which you are not sure about. If you can, do this before you have read the English translation. Then after you have talked in Swahili, check the English to see if, indeed, you did understand what was being talked about.

2. Ask a native speaker to read aloud one of the Swahili texts directly from the book. Then have them summarize it in colloquial Swahili. Try to note the differences and discuss them.

II. Suggestions for Using the Vocabulary Lists.

A. For Reference

Some of the lists provided may be useful to you when reading other materials. This is particularly true of the list of political vocabulary in Part IV. Many of the words in this list are not in the dictionary, or have come to be used in special ways when referring to political concepts and issues which are not adequately described in most current dictionaries.

B. For Expanding Your Vocabulary

1. Many of the exercises described may be done using words from the vocabulary lists.

2. Use Swahili words from the lists in sentences and then ask a native speaker if you have used them appropriately. If not, be sure that you understand what your errors were and then, if you made many mistakes, try to write another set of sentences for the words which you did not use correctly the first time.

3. Write definitions for Swahili words in Swahili and then ask a Swahili speaker to check them.

C. For Developing Writing Ability

1. Pick several related vocabulary items and see if you can write a short paragraph using all the words. Again you will need to ask a Swahili speaker to check your work.

2. Pair up with another student. Each of you should choose 10 words from the list (words that you know) and exchange your words. Then write a Swahili sentence using the words and check each other's answers.

D. For Improving Oral Communication and Comprehension

1. Ask a native speaker to give a short talk based on one of the vocabulary lists. Listen for and jot down words from the list as your companion talks. When your companion has finished check your notes to see if you caught all the words he or she used.

2. Do the same thing that you did in the exercises for improving your writing ability but this time do the exercises orally, without writing anything down. You will probably find that it is easier to work with a smaller number of new words since you won't be able to remember very many without writing them down.

PART I - CULTURE

Introduction

Most of the materials in this section were provided to help you learn a little more about Tanzanian culture and the Swahili language in the context of one particular native art form -- the traditional folktale. There are two sets of stories.

The first set of folktales was included because they are accompanied by different exercises specifically designed to help you develop your language skills.

The second set of stories exemplifies the kind of readings now in use in Tanzanian elementary schools. Tanzania's current development program calls for fostering national pride in traditional beliefs and customs, and these readings -- a project resulting from a conference of Tanzanian teachers held at Mpwapwa in 1962 -- are intended to be a contribution to the national aim. By reading these stories you can develop your language skills and you can get a sense for the traditional values and cultural heritage that are being reaffirmed in contemporary Tanzania.

A MAN AND A CRANE*

Musa was a very good farmer. One day he put a net made out of linen rope in his farm to catch all the birds who came to eat his maize. One morning, many crows and a crane landed in Musa's net and they all became trapped in the net.

After a while Musa came to check the net and he saw that the crane was trapped together with the crows, so he decided to kill them all.

Crane told Musa: "Please sir, let me go, do not kill me. I didn't come to your farm with the intention of stealing your maize. I only accompany crows so as to converse with them. I am not associated with their theft."

Musa replied: "What you say could be true, my friend, but because I caught you with thieves you have to share their punishment. I am very sorry but there is nothing I can do to keep you from dying now. Also this will be a very good lesson to others."

After saying these words Musa killed the crane and the crows.

"Those who go with wicked people are counted wicked even if they are truly not."

---

*This and the following four stories and the exercises which accompany them are from Hadithi na Vitendo Kitabu cha Kwanza, David E. Diva, University of London Press, 1970.

MTU NA KORONGO

Musa alikuwa mkulima stadi sana. Siku moja aliweka wavu uliotengenezwa kwa kamba za kitani shambani mwake ili anasie ndege wote waliokuja kula mahindi yake. Asubuhi moja, kunguru wengi walikuja na kutua juu ya wavu ule, na korongo mmoja alikuja pia. Ndege hao wote walinaswa katika wavu ule.

Baada ya muda, Musa akaja kutazama wavu ule, akamwona korongo amenaswa pamoja na kunguru, kwa hiyo akakusudia kuwaua wote.

Korongo akamwambia Musa, "Tafadhali, bwana, niachilie, usiniue. Mimi sikuja shambani mwako kwa kusudi la kuiba mahindi yako. Nimefuatana na kunguru hawa ili nizungumze nao tu. Sina shirika nao katika wivi wao."

Musa akamwambia, "Maneno yako yaweza kuwa kweli kabisa, rafiki yangu. Lakini kwa sababu nimekukuta upo pamoja na wevi, na wewe huna budi kushiriki adhabu yao. Nasikitika sana, maana sina lolote niwezalo kufanya ili kukusaidia usife sasa hivi. Tena jambo hilo litakuwa fundisho lililo bora kwa wenzio."

Basi baada ya kusema maneno hayo, Musa akamwua yule korongo pamoja na kunguru wale, maana mtu yeyote aliyezoea kufuatana na waovu, na yeye mwenyewe atahesabiwa mwovu pia hata kama, kwa kweli, ni mwema.

MAZOEZI

I. Jibu maswali haya:

1. Musa alikuwa nani? Siku moja alifanya nini?
2. Kunguru na korongo walifanyaje?
3. Korongo alimwambia Musa maneno gani?
4. Musa alijibu nini?
5. Hadithi hii yatufunza nini?

II. Andika sentensi hizi, lakini utumie neno moja tu lililomo katika vifungo ambalo litapatana na maneno yaliyotangulia: k.m. Mgonjwa hupewa (mawe, sumu, dawa, adhabu).

1. Ndege (huogelea, huruka, hutambaa).
2. Mwivi ni (rafiki, adui, mkarimu).
3. Wavu hutengenezwa kwa (udongo, maua, kitani, mbao).
4. Mahirdi hupandwa (sokoni, shambani, garini, kukani).
5. Mtu mwovu astahili kupata (fedha, shamba, adhabu, asali).
6. Kunguru hula (mawe, mahirdi, majani, nguo).
7. Embe ni (ndege, tunda, madini).
8. Tabibu hufanya kazi yake (sokoni, hospitali, forodhani).
9. Korongo ana miguu (mitatu, miwili, minne).
10. Mkulima hupata (karatasi, dhahabu, chakula).

III. Andika maneno haya katika jumla ya wingi: k.m. mtoto (watoto).

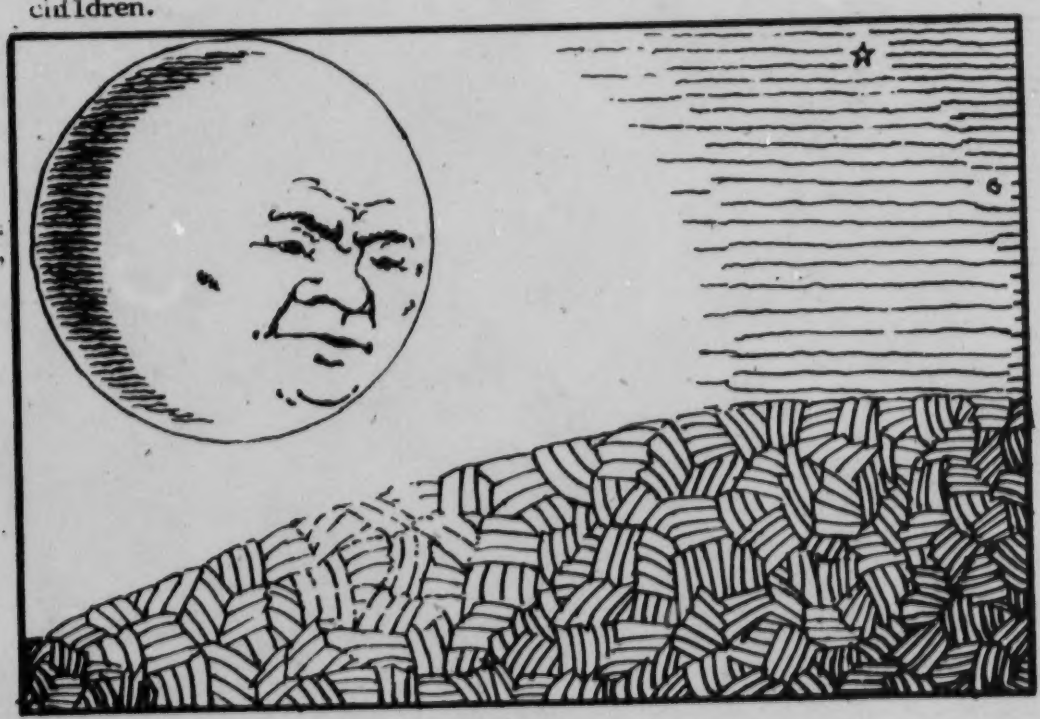
wavu, korongo, mkulima, shamba, chakula, rafiki, wewe, uovu, mimi, yeye.

IV. Andika hadithi ya Musa na Korongo kwa maneno yako mwenyewe.

THE SUN, THE MOON AND THE STARS

Once upon a time Sun was living with Moon in the Sky. Sun was the husband and Moon was his wife. They had many children who were called Stars. One day Sun quarrelled with his wife, because his wife told him "Our children are growing thin because of hunger. Why don't you get them enough food? That's not right."

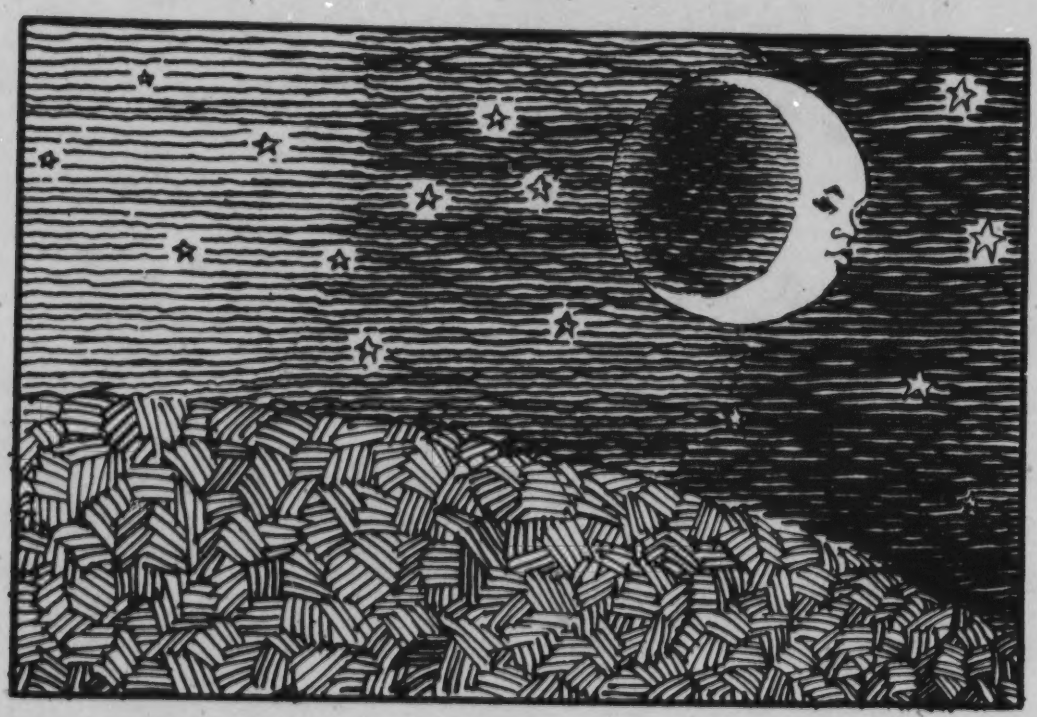
Sun told her, "Silence, I don't want to hear your words!" Then Sun reached for Moon to beat her and Moon ran away together with her children. So people say that until today the husband is looking for his wife and children. During the day he gives out light, but he can't see where his wife has hidden. When he sets in the evening his wife and children come out. In the morning when she sees her husband coming, she runs away together with her children.



JUA, MWEZI NA NYOTA

Hapo kale Jua lilikuwa likikaa pamoja na mwezi angani. Jua lilikuwa mume, na mwezi mke. Hao wawili walikuwa na watoto wengi sana walioitwa nyota. Lakini siku moja Jua liligombana na mkewe, maana mke alimwambia mumewe, "Watoto wetu wanakonda sana kwa njaa. Mbona huwapatii chakula cha kutosha? Hivi si vema."

Jua likamwambia, "Kelele, sitaki kusikia maneno yako!" Basi jua likajaribu kumkamata ili limpige mwezi. Mwezi akakimbia pamoja na watoto wake. Basi watu husema kwamba mpaka hivi leo mume anamtafuta mkewe na watoto. Wakati wa mchana hutoa nuru yake, lakini hawezi kumwona mkewe mahali alipojificha. Anapokuchwa, wakati wa magharibi, ndipo mke hutokea pamoja na watoto wake. Asubuhi anapomwona mumewe anakuja kwa mbali, basi mke hukimbia pamoja na watoto wake!



MAZOEZI

I. Hiyo ni hadithi tu. Sasa maliza sentensi hizi kwa kutia neno moja lifaalo katika haya:

wa, kali, mwezi, mchana, mashariki, kubwa, katika, mna, nyingi, kwa, vijidudu.

1. Jua _____ _____ zaidi kuliko mwezi.
2. _____ anga _____ nyota _____ sana.
3. Jua hutupa nuru wakati _____ _____.
4. Asubuhi sana twaliona jua upande wa _____.
5. Jua _____ huua _____ vya magonjwa.

II. Katika sentensi hizi, nyingine ni kweli na nyingine ni uwongo. Andika zile zilizo kweli tu.

1. Mwezi hutupa joto jingi.
2. Katika anga mna nyota mia tatu tu.
3. Katika mwezi mna watu wachache.
4. Dunia inazunguka jua.
5. Jua kali huua vijidudu vya ugonjwa.
6. Twaweza kuziona nyota wakati wa usiku.
7. Kila mwaka watu huenda kutembea katika jua.
8. Nguo zilizofuliwa na kuwekwa juani hukauka.
9. Mwezi ni mdogo kuliko dunia.
10. Jua hupatwa wakati mwezi unapokuwa kati kati kabisa ya jua na dunia.

MAZOEZI

III. Andika majina haya katika jumla ya wingi: k.m. mnyama (wanyama).

mwezi, mume, neno, mtoto, nyota, nyumba, mke, mtu, mbwa, mkate.

IV. Simulia hadithi ya Jua, Mwezi na Nyota kwa maneno yako mwenyewe.

V. Taja faida na hasara za jua.

BAKARI AND A DOG

Bakari was a farmer who lived in a district of Tanga. He liked to keep chickens because he wanted eggs and (liked) to slaughter (the chickens) occasionally to provide relish (for his meals). Near his farm was a dog who came from time to time and stole his baby chickens, thus causing him a lot of trouble.

One day Bakari made a trap and caught the dog. When Bakari came to see the trap he saw that the dog was trapped. He took him out of the trap and told him "Ha ha ha now I've got you, Ee big thief!". He then took a lot of dry leaves and tied them onto the dog's tail, then he set them on fire and let the dog run away while the leaves were burning.

The dog ran very fast but unfortunately, he passed through the area on Bakari's farm where he planted maize and millet plants. They were growing well. The dry leaves and trees in the farm caught fire and started to burn. Bakari suffered a great loss because his millet and maize were destroyed.

So sometimes revenge brings destruction. People say "anger is injury".

10

BAKARI NA MBWA

Bakari alikuwa mkulima akikaa katika jimbo moja la Tanga. Yeye alikuwa akipenda sana kufuga kuku kwa sababu alitaka mayai na kuwachinja wengine kwa kitoweo siku moja moja. Karibu ya shamba lake palikuwa na mbwa mmoja aliyekuwa akimwibia vifaranga vyake vya kuku mara kwa mara, kwa hiyo alikuwa akimtia hasara sana.

Siku moja Bakari alimtegea mtego, na mbwa akanaswa ndani yake. Basi Bakari alipokuja kutazama mtego wake, akamwona yule mbwa amenaswa. Akamtoa nje ya mtego, akamwambia, "Ha, ha, ha, sasa nimekupata Ee mwivi mkubwa'" Basi akachukua majani makavu mengi, akayafungia penye mkia wa yule mbwa; kisha akayawasha moto, akamwachilia na huku yangali yanawaka tu.

Mbwa akakimbia sana. Kwa bahati mbaya, akapita katika shamba la Bakari alimopanda mazao ya mihindi na mtama. Hivyo vilikuwa vimestawi sana. Basi majani makavu yaliyokuwamo shambani pamoja na miti mikavu vikashika moto na kuanza kuungua. Bakari alipata hasara kubwa, maana mahindi na mtama wake viliharibika.

Basi kisasi pengine hutuletea hasara. Watu wamesema, "Hasira ni hasara."

MAZOEZI

I. Panga maneno yaliyomo katika sentensi hizi vema ili zilete maana iliyo dhahiri:

1. Palikuwa kimoja na kijiji katika mchungaji.
2. Vifaranga kuku vya akimwibia mbwa aliyekuwa mmoja palikuwa na vyake.
3. Mazao mle shambani mengi mna.
4. Twapenda mahindi sana kula sisi.
5. Ndege mchanga siku zote mpunga nunaribu.
6. Yangu ni rafiki wewe.
7. Ni mwivi sana siku zote mwovu.
8. Mtama na baba mwingi mama walivuna.
9. Mwalimu jana wetu ulimwona, je?
10. Musa barua yake kaka kwa aliandika.

II. Maliza maneno haya kwa kuandika herufi moja badala ya kila kistari: k.m. k - - u (kuku); m - - o (moto).

bah - t -, - t - ma, k - s - si, - - ui, k - a, l - - - ni.
m - - ma, ba - -, k - - u - i, y - - e.

III. Tunga sentensi utumie maneno haya:

mkia, tena mazao, bahati, halafu, washa, alimtoa, mtama, makavu, mwivi.

A DONKEY WHO WAS VERY LAZY

One day Juma went to a donkey-seller to buy a donkey. After choosing the one he liked he told the owner that he wanted to try him to see whether he would be of use to his work or not.

So he took him and made him stand in a field where there were many other donkeys. But that donkey went straight to where there were other donkeys who were very lazy. Juma returned him to the owner and told him, "I am very sorry, Sir, I can't buy him, I don't want him at all".

The donkey-seller said, "why don't you want him? You still haven't tried him. What fault does he have?"

Juma replied, "I don't have to try him anymore. I know that his condition will be like that of his friends with whom he went to sit."

So then, a person's behavior can be judged by his companions.

People have said, "Follow bees and you will eat honey."

PUNDA ALIYEKUWA MVIVU

Siku moja Juma alikwenda kwa mwuzaji wa punda ili anunue mmoja. Alipompata aliyempenda, akamwambia mwenyewe kwamba anataka kumjaribu ili ajue kama ataweza kumfaa kwa kazi zake ama sivyo.

Basi akamchukua akamsimamisha kiwanjani palipokuwa na punda wengine. Lakini punda yule akaenda moja kwa moja mpaka mahali palipokuwa na punda wengine wavivu sana. Juma akamrudisha kwa mwenyewe, akamwambia, "Ah nasikitika sana, bwana, siwezi kumnunua; simtaki kabisa."

Mwenye punda akamwambia, "Kwa nini humtaki, nawe hujamjaribu bado? Ana ila gani?"

Juma akamjibu, "Sina haja ya kumjaribu zaidi. Najua kwamba hali yake yote itakuwa kama ya mmoja wa wale rafiki zake aliokwenda kukaa nao pamoja!"

Basi mwendo wa mtu huweza kujulikana kwa marafiki anaoshirikiana nao. Watu wamesema.

"Fuata nyuki ule asali."

MAZOEZI

I. Jibu maswali haya:

1. Siku moja Juma alifanya nini?
2. Punda aliyemtaka alikwenda wapi?
3. Kwa nini Juma alimrudisha punde yule kwa mwenyewe?
4. Methali hii: "Fuata nyuki ule asali" maana yake nini?

II. Tia maneno ya kutangulia sentensi hizi ili zilete maana iliyo kamili:

1. _____ _____ _____ alitaka kununua punda.
2. _____ _____ _____ anakula majani katika shamba letu.
3. _____ _____ _____ mizigo mizito.
4. _____ _____ _____ na marafiki wavivu.
5. _____ _____ _____ kazi kwa bidii.
6. _____ _____ _____ mbele huvunja guu.

III. Fuatisha sentensi hizi uardike neno moja tu linalopatana na yale yaliyoandikwa katika herufi za mkazo.

1. Simba, kondoo, paa, sungura ni <u>mnyama mkali sana</u>.
2. Mwalimu, karani, askari, mwashi <u>hufundisha shule</u>.
3. Asali, pilipili, sukari ni <u>kitu kikali sana</u>.
4. Mfalme, mpishi, hamali, dobi <u>huvaa taji</u>.
5. Mwaka, mwezi, juma <u>ina siku saba tu</u>.

MAZOEZI

III.

6. Dakika, nukta, saa ishirini na nne hufanya siku moja.
7. Mpishi, mchungaji, dobi, mganga hufua nguo za watu wengi.
8. Askari, mvuvi, yaya huuza samaki sokoni.
9. Korongo, farasi, sungura, paka ana mabawa.
10. Meza, mpira, papai, chokaa ni tunda tamu sana.

IV. Andika majina ya wanyama watano (k.m. simba); ndege sita (k.m. kunguru); mazao matano (k.m. mpunga); na vitu saba (k.m. kioo).

THE ANIMALS' ARGUMENT

Mr. Sorgoro kept a donkey, a dog, a cow, a goat, a cat and other animals. One day these animals argued with each other about who among them was more useful to their master than the others.

Donkey said, 'Nhinhoo! Nhinhoo! I am of more use than you all because everyday I carry heavy loads for the master and I work for the whole day."

Dog said, "Bowowow! Bowowow! All the people know that I am the one who is of more use here because everyday I guard the master's house so that he is not robbed by thieves. If it weren't for this he would be robbed everyday and even more during the night."

Cow said, I am certainly the one who is of more use than all of you 'Mow! Mow! I give master plenty of milk, which he sells and receives money for everyday. The source of his wealth is truly me."

Goat said, 'Mee! Mee! I am better than all of you because my milk is much better than that of Cow, and my master sells it and thus it brings more profit."

Cat said 'Nyau! Nyau! I am of more use than all of you because I catch rats who bring harm to the master by eating up his food in the store-room and destroying his clothes."

MASHINDANO YA WANYAMA

Bwana Songoro alikuwa akifuga punda, mbwa, ng'ombe, mbuzi, paka na wanyama wengine. Siku moja wanyama hao walishindana sana yupi miongoni mwao aliyekuwa akimfaa bwana wao kuliko wenziwe wote.

Punda akasema, "Nhinhooo! Nhinhooo! Mimi nina faida zaidi kuliko ninyi nyote kwa sababu kila siku namchukulia bwana mizigo mizito na kumfanyia kazi mchana kutwa."

Mbwa akasema, "Bowowow! Bowowow! Watu wote wajua ya kuwa mimi ndiye mwenye faida zaidi hapa, maana siku zote nalinda nyumba ya bwana isiingiliwe na wezi, ama sivyo angepata hasara kila siku na zaidi wakati wa usiku."

Ng'ombe akasema, Mimi hakika ndiye mwenye faida zaidi kuliko ninyi nyote. 'Mow! Mow! Nampatia bwana maziwa mengi, naye huyauza yakampatia fedha kila siku; asili ya utajiri wake ni mimi hasa."

Mbuzi akasema, 'Meee! Meee' Mimi nimekupiteni nyote. Maziwa yangu ni bora zaidi kuliko ya ng'ombe, na bwana wangu huyauza na kumpatia faida kubwa."

Paka akasema, "Nyau! Nyau! Mimi nina faida zaidi kuliko ninyi kwa sababu nakamata panya wanaomtia hasara bwana kwa kula chakula chake ghalani na kuharibu nguo zake."

THE ANIMALS' ARGUMENT
(continued)

Hen said "Kokokoko! you are all just talking. I am the one who is of more use because I lay eggs which he sells and gets a lot of money for. Many people need them everyday, even he himself likes them very much."

Rooster said "I am sure I am of more use. Everyday I crow Kokoikoooo! And by doing so master knows the time even when he doesn't have a watch and even more, he knows when it's early morning; that is, it is time for him to wake up and go to work."

While they were arguing, their master came and said "Why are you arguing like this? You are all of use to me, everyone to his own ability. I need you all." So the argument ended because the animals realized that what their master said was true: "There is no one who is first in everything."

MASHINDANO YA WANYAMA

(Yanaendelea)

Kuku akasema, 'Kokokoko! Ninyi nyote mnasema tu. Mimi ndiye mwenye faida zaidi kwa sababu hutaga mayai ambayo bwana huyauza na kumpatia fedha nyingi sana. Watu wengi wanayahitaji kila siku, hata yeye mwenyewe anayapenda mno.

Jogoo akasema. 'Kwa hakika mimi nina faida zaidi. Siku zote huwika kokoikoooo! Nikifanya hivyo, bwana hujua ni wakati gani hata kama hana saa, na zaidi wakati wa asubuhi na mapema, mana huweza kuamka na kwenda zake kazini."

Walipokuwa wanashindana hivyo, mara bwana wao akaja, akasema, 'Kwa nini mnashindana namna hii? Nyote ninyi mna faida kwangu, kila mmoja kwa kadiri ya kazi yake. Nakuhitajini nyote." Basi mara mashindano yale yakakoma, maana wanyama wale waliona kuwa bwana wao amesema kweli tupu. Hakuna mtu ye yote awezaye kuwa wa kwanza katika kila jambo.

MAZOEZI

I. Jibu maswali haya:

1. Sungura alikuwa akifanya nini?
2. Mbuzi na ng'ombe hutupa nini?
3. Eleza jinsi paka anavyotufaidia.
4. Kuku hutupa vitu gani?
5. Punda anatufaidia gani kwetu?
6. Wapenda kufuga mbwa? Kwa nini?
7. Eleza jinsi jogoo anavyotufaa.

II. Jaza pafasi katika mafungu haya:

1. Paka _____ yule _____ panya wawili.
2. Punda _____ amechukua _____ mzito.
3. Ng'ombe _____ _____ majani.
4. Mbwa wa mwitu alishambuliwa _____ _____.
5. _____ wako ametaga _____ sita.
6. _____ wako anawika _____ siku.

III. Ardika kwa machache faida ya mnyama mmojawapo wa hao uliowasoma katika hadithi hivo ya juu.

THE STORY OF JACKAL AND RABBIT*

Jackal and Rabbit were friends. One day they decided to go and steal some peanuts in somebody's storeroom because they were very hungry. They couldn't go during the day because they were afraid of being caught by the owners. So they decided to go during the night.

When night approached and they knew that the peanut owners would be asleep, they started to the storeroom. When they reached the storeroom they climbed up and went in and started to eat the peanuts.

They ate peanuts quickly and greedily until they were full. When they were full, Jackal told Rabbit that it was his habit to sing once he was full. Rabbit told Jackal not to do that because he would wake up the owners. Jackal begged Rabbit to let him sing in a low voice at least once. Rabbit said, "If you sing the owners will definitely wake up and we will be caught." Jackal kept on begging and said, "Please let me bark once in a low voice. I can't last without barking when I'm full, that's my habit." Rabbit replied "We'll definitely be caught if you do that", but Jackal couldn't resist barking so he started to bark quietly, "Bwe".

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* This story and the next four stories are taken from Paukwa Pakawa, by D.M. Ndimbo, Tanzania Publishing House, Ltd., Dar-es-Salaam, 1966.

KISA CHA MBWEHA NA SUNGURA

Mbweha na sungura walikuwa marafiki. Siku moja walipatana kwenda kuiba karanga katika ghala ya mtu fulani kwa kuwa njaa iliwauwa imewashika sana. Kwenda mchana walishindwa kwa kuwa waliogopa kuonekana na wenye karanga. Basi walipatana kwenda usiku.

Usiku ulipowadia, walipoona kuwa wakati huo wenye karanga watakuwa wamelala, sungura na mbweha waliaanza safari yao kwenda kwenye ghala. Walipofika, walipanda ghalani wakaingia ndani, wakaanza kula karanga.

Walikula karanga kwa ulafi na haraka sana hata wakashiba. Walipokwisha shiba, mbweha alimwambia sungura kuwa ni desturi yake kuimba akisha shiba. Sungura alimkataza mbweha asifanye vile asije akawaamsha wenye mali. Mbweha alimwomba sungura amruhusu aimbe kwa sauti ya chini angalau mara moja tu. Sungura alimjibu, "Iwapo utaimba, hakika wenyewe wataamka na watatukamata." Mbweha alizidi kumwomboleza sungura akasema, "Tafadhali nibweke mara moja tu tena kwa sauti ya chini. Mimi nikisha shiba siwezi kustahimili kukaa bila kubweka, hii ni desturi yangu." Sungura alimjibu, "Bwana, kwa hakika ukifanya vile tutakamatwa." Lakini wapi, mbweha hakuweza kustahimili, mara akaanza kubweka kwa sauti ya chini, "Bwe".

THE STORY OF JACKAL AND RABBIT
(continued)

Rabbit kept on begging humbly to Jackal to stop his mischief, but Jackal barked more and more, "Bwe, bwe, bwe." Finally when Rabbit knew that they would be caught, he said to Jackal, "You are very stubborn. Since that's the case, I'm going out ahead of you, leaving you all alone and if they get you, you'll get what you deserve." Jackal didn't listen to him, his desire to sing was too great and so he continued barking, "Bwe, bweee, bweee, bweee." Seeing this, Rabbit slowly moved away, leaving Jackal behind barking very loudly as if the peanuts were his.

The peanut owners were awakened by Jackal's barking. After listening carefully they knew that the barking was not coming from the forest but from their storeroom. Jackal was so engrossed that he forgot himself and didn't see the owners surrounding him. He was startled by a knock on his head and a spear in his chest.

Jackal fell dead. "Theft brings trouble and stubborness also brings trouble." ("Theft and stubborness never pay".)

KISA CHA MBWEHA NA SUNGURA

(yanaendelea)

Sungura akazidi kumsihi mbweha aache mchezo wake, lakini wapi, mbweha alizidi kubweka, "Bwe, bwe, bwe." Mwishowe sungura aliona kuwa watakamatwa na wenye karanga, akamwambia mbweha, "Wee bwana husikii, kama ni vile mimi natangulia kutoka ubakie wewe peke yako, na wakikukamata utaona chako." Mbweha hakumsikiliza, hamu ya kuimba iliwisha kolea, akaendelea kubweka kwa sauti "Bwe, bweee, bweee, bweee." Sungura alipoona hivyo, aliondoka taratibu akaenda zake, huko nyuma mbweha akibweka kwa nguvu na bidii kama kwamba karanga zilikuwa mali yake.

Wenye karanga waliamshwa kwa kelele za mbweha. Waliposikiliza kwa makini, waliona kuwa sauti ya mbweha haikuwa inatokea porini bali ghalani mwao. Walitoka taratibu wakichukua mienge, mikuki na virungu, wakafika ghalani. Mbweha alikuwa amestarehe na amejisahau kabisa kwa nyimbo zake hata asione kuwa wenye ghala walikuwa wamemzunguka. Alishtushwa kwa pigo la kirungu kichwani na mkuki kifuani. Mbweha alianguka akafa.

Wizi huleta hasara, na ukaidi pia huleta hasara.

HOW TORTOISE GOT HIS SHELL AND CHICKEN LOST HER TEETH

Long ago Tortoise was a dentist and Chicken was a doctor who treated back diseases.

One day Chicken's tooth ached very much. She tried to look for a doctor to treat her but none of them could cure her. Other friends advised her to go to old Mr. Tortoise, who was well recommended for his tooth treatments. So Chicken went to Mr. Tortoise and explained her difficulties to him. Mr. Tortoise agreed to treat her. Tortoise told Chicken to close her eyes and open her mouth. Chicken did so, and Tortoise extracted all her teeth. Chicken endured all the pain thinking that it was the right way to treat teeth. After that Tortoise told Chicken to go back home.

Chicken thought that maybe other teeth would grow. She waited for a long time hoping other teeth would grow. She waited for the teeth to grow but where were they? Teeth never grew; to the contrary, the gums became hard. This angered Chicken so much that she thought of a way to get her revenge.

JINSI KOBE ALIVYOPATA GAMBA NA KUKU KUPOTEZA MENO

Hapo kale kobe alikuwa mganga wa meno na kuku alikuwa mganga wa maradhi ya mgongo.

Ilitokea siku moja kuku aliumwa sana jino. Alijaribu kutafuta waganga wa kumtibu, na kila mganga hakuweza kumponya. Jamaa wengine walimshauri aende kwa mzee kobe ambaye alisifika sana kwa uganga wa meno. Basi, kuku alimwendea mzee kobe akamtolea shida zake. Mzee kobe alikubali kumtibu. Kobe alimwambia kuku afumbe macho na afungue mdomo. Kuku alifanya vile, mzee kobe alimng'oa meno yote. Kuku alivumilia maumivu yote akadhani kuwa ni njia halisi ya matibabu ya meno. Kishapo, kobe alimwambia kuku arudi kwao.

Kuku alifikiri labda ataota meno mengine. Alikaa siku nyingi akitazamia meno mengine yote. Alingojea meno kwa muda mrefu lakini wapi, meno hayakuota bali fizi zilikuwa ngumu. Jambo hilo lilimkasirisha sana kuku hata alifikiria njia ya kumlipiza kobe kisasi.

HOW TORTOISE GOT HIS SHELL AND CHICKEN LOST HER TEETH
(continued)

Long ago Tortoise never had that hard shell, he had soft skin like other animals. One day Tortoise had a back disease. He was busy looking for medicine, but no medicine suited him. Friends advised him to go to Chicken who was well-recommended for her treatment of back diseases. Tortoise decided to go to Chicken to be treated.

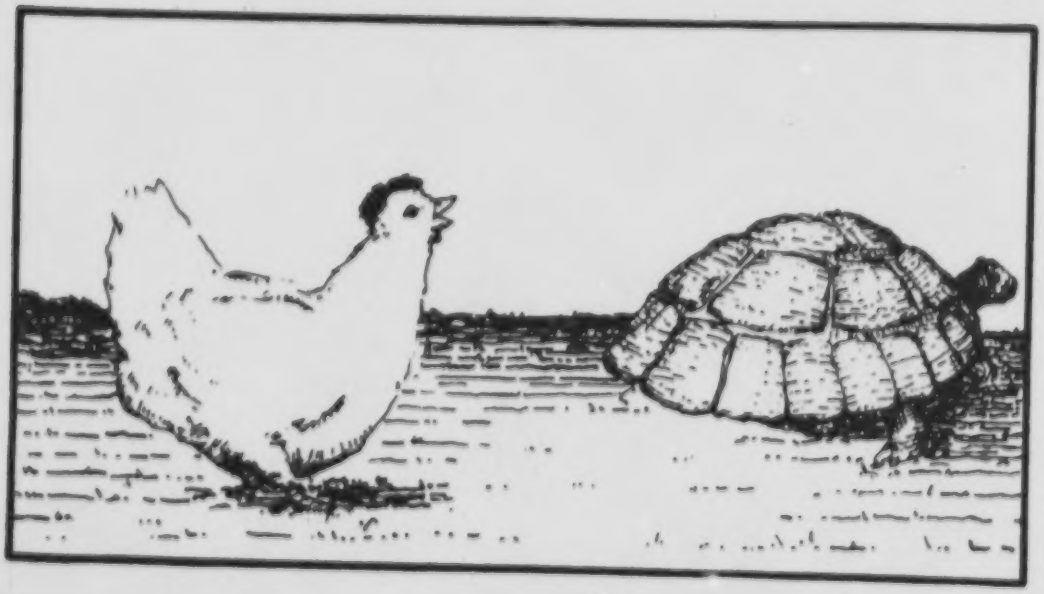
When he reached Chicken's, Chicken was happy to get a chance to revenge her teeth being extracted. She told Tortoise to lie face down on the bed and Tortoise did as he was ordered. Chicken took clay and plastered it onto Tortoise's back. She ordered Tortoise to lie that way until she told him to sit up. When the clay had dried, Chicken ordered Tortoise to sit up. When Tortoise stood up, he found something heavy on his back and begged Chicken to take it off. Chicken refused to break the clay and told him to go home with it until he got well, then it would come off by itself.

JINSI KOBE ALIVYOPATA GAMBA NA KUKU KUPOTEZA MENO

(yanaendelea)

Hapo zamani, kobe hakuwa na ganda lile gumu, alikuwa na ngozi laini kama wanyama wengine. Ilitokea siku moja kobe alishikwa na ugonjwa wa mgongo. Alihangaika huko na huko ili kutafuta dawa, lakini dawa zote hazikumfaa. Jamaa wengine walimshauri aende kwa kuku ambaye alisifika sana kwa uganga wa maradhi ya mgongo. Kobe alikata shauri kwenda kwa kuku ili akapate matibabu.

Alipofika kwa kuku, kuku alifurahi kupata nafasi ya kujilipizia kisasi kwa ajili ya kung'olewa meno yake. Alimwambia kobe alale kitandani kifudifudi, na kobe alifanya hivyo alivyoamriwa. Kuku aliuchukua udongo, akaukandika mgongoni mwa kobe. Alimwamuru kobe alale vile mpaka atakapomwambia kuamka. Udongo ulipokauka, kuku alimwamuru kobe aamke. Kobe alipoamka na kusimama, aliona kitu kizito mgongoni, akamvomba kuku akitoe. Kuku alikataa kuubomoa ule udongo, akamwambia aende nao kwao hadi akipona utatoka wenyewe.



HOW TORTOISE GOT HIS SHELL AND CHICKEN LOST HER TEETH
(continued)

Tortoise went home and for many days he hoped that the clay would come off. The clay did not come off at all. Because the clay was very dry, it became harder. This is the reason why, until today Tortoise has a hard shell on his back, and why it can't come off at all and won't come off until he goes to Chicken to return her teeth and beg forgiveness. And now the shell has become his home and he doesn't need another house. Whenever he goes, he goes with his house, and he sleeps in it wherever he goes.

"An eye for an eye, and a tooth for a tooth."

"One who does bad things, deserves bad things."

JINSI KOBE ALIVYOPATA GAMBA NA KUKU KUPOTEZA MENO
(yanaendelea)

Kobe alikwenda nyumbani, na kwa siku nyingi aliutazamia udongo utoke. Udongo haukutoka hata. Kwa jinsi udongo ulivyozidi kukauka, kwa jinsi hiyo ulizidi kuwa mgumu. Hii ndiyo sababu hata leo kobe ana ganda gumu mgongoni, nalo halitoki hata, wala halitatoka mpaka amwendee kuku akamrudishie meno yake na akamwombe radhi. Na sasa ganda hilo limekuwa nyumba yake na wala hahitaji nyumba nyingine tena. Kila aendapo huenda na nyumba yake, na hulala kila apendapo.

"Jino kwa jino, na jicho kwa jicho. Mtenda mbaya hustahili mabaya."

THE STORY OF LION, COW AND RABBIT

One day Cow was feeding in a steppe. Unfortunately he tread on a lion's cub and wounded her very badly. When Mother Lion heard her cub crying in pain she rushed to see what had happened. When Cow saw that she had hurt Lion's cub she knew what would happen, so she started to run away very fast. When Mother Lion reached her daughter, she was told that the Cow was the one who had hurt her. Lion was filled with rage, and she decided to follow Cow and get her revenge.

Cow ran very fast until she met with Buffalo. When she met Buffalo she asked him to stop the lion from killing her. Buffalo refused and told her that his strength could not match that of Lion. That answer was enough to make Cow run faster for her life.

Also during her flight from Lion, Cow met with Rhinoceros and she asked him for help. Seeing that it was not his business Rhinoceros refused to help her. Although Cow was very tired she had to run even faster for her life. After running for a long time she came across Rabbit. At that time Lion wasn't far behind because her roar of anger could be heard. Even though Cow scorned Rabbit for her small size, she asked her for help.

KISA CHA SIMBA, NG'OMBE NA SUNGURA

Ilitokea siku moja ng'ombe alikuwa akila nyasi mbugani. Kwa bahati mbaya alimkanyaga mtoto wa simba akamjeruhi vibaya sana. Mama simba aliposikia mwanae akilia sana kwa maumivu alikimbia ili kuona yaliyotukia. Ng'ombe alipoona amemwumiza mwana wa simba na alipojua yatakayotokea, alianza kutoroka kwa mbio. Mama simba alipofika kwa mwanae, aliambiwa kuwa ni ng'ombe aliyekuwa amemwumiza vile. Simba aliingiwa na hasira kali sana akaazimia kumfuata ng'ombe na kumlipia kisasi.

Ng'ombe alikimbia sana hata akakutana na nyati. Alipomkuta nyati alimwomba msaada ili amzuie simba asimwue. Nyati alikataa shauri hilo akamwambia kuwa nguvu zake hazilingani kabisa na nguvu za simba. Jibu hilo lilitosha kumfanya ng'ombe azidi kukimbia ili aepukane na kifo.

Hata katika safari yake ya kumtoroka simba, ng'ombe alikutana na faru, akamwomba msaada. Faru kwa kuona shauri halimhusu alikataa kumpa msaada. Ingawa ng'ombe alikuwa amechoka sana, ilimbidi azidi kukimbia ili aepukane na kifo. Baada ya kukimbia kitambo alikutana na sungura. Wakati huo simba hakuwa mbali sana kwani mngurumo wake wa hasira uliweza kusikikana. Ingawa ng'ombe alimdharau sungura kwa udogo wake lakini hata hivyo alitaka msaada.

THE STORY OF LION, COW AND RABBIT
(continued)

Rabbit told Cow to lie down so she could cover her with grass. Cow did so and Rabbit covered her.

After a while, Lion arrived and asked Rabbit, "Have you seen Cow passing by?" Rabbit replied, "No".

Mother Lion went on hunting for Cow. She went on hunting for a long time, when she could not trace her she returned, using the same route to Rabbit's house. At that time Rabbit had already hidden Cow in her house. Lion was very tired from hunger and asked Rabbit to give her some food to eat to relieve her hunger. Rabbit took out some honey from a calabash and showed it to Lion. When Lion saw the sweet honey she begged Rabbit to give her some. Rabbit told Lion to wait for the meat which she was cooking and Lion agreed. When the meat was ready, Rabbit chose bones for Lion's food. Lion refused to eat the bones and asked for fleshy pieces.

KISA CHA SIMBA, NG'OMBE NA SUNGURA
(yanaendelea)

Sungura alimwambia ng'ombe alale chini na amfunike kwa majani. Ng'ombe alifanya hivyo na sungura alimfunika kwa majani.

Baada ya muda mfupi, mara simba aliwasili, akamwuliza sungura, "umeona kumwona ng'ombe akipita hapa?" Sungura akamjibu, "La".

Mama simba aliendelea kumfuata ng'ombe. Alimfuata kitambo kirefu na alipoona kuwa hamwoni, alirudi njia ile ile hadi nyumbani kwa sungura. Wakati huo sungura alikuwa amekwisha kumficha ng'ombe nyumbani mwake. Simba alikuwa amechoka sana kwa njaa, akamwomba sungura ampe chakula ale ili atulize njaa. Sungura alitoa asali katika kibuyu akamwonyesha simba. Simba alipoona utamu wa asali alizidi kumwomba sungura ampe asali yote. Sungura alimwomba simba angoje nyama aliyokuwa ameipika. Simba alikubali. Nyama ilipoiva, sungura aliichagua mifupa ili iwe chakula cha simba. Simba alikataa kula mifupa akaomba apewe nyama ya mnofu.

THE STORY OF LION, COW AND RABBIT
(continued)

At that time Rabbit had heated a large stone in her stove. The stone was already red hot. Rabbit agreed to give Lion fleshy parts, but she told Lion to close her eyes whenever she gave her meat. Lion accepted the terms. First Rabbit threw Lion a large piece of meat and she swallowed it. The second time she did the same but the third time instead of throwing her the meat, she threw her the red hot stone. When she tried to swallow it stuck in her throat and because of the stone's heat Lion fell down and died.

This was how Cow was saved. Cow continued to stay there with Rabbit and gave birth to a baby. Rabbit was happy to live with Cow because she always drank Cow's milk. Since then Cow and Lion have been enemies because whenever Lion sees Cow she wants to eat her and when Cow sees Lion she runs from her.

KISA CHA SIMBA, NG'OMBE NA SUNGURA
(yanaendelea)

Wakati huo huo sungura alikuwa amelichoma jiwe jikoni. Jiwe hilo lilikuwa limekwisha pata moto sana. Sungura alikubali kumpa simba nyama ya mnofu, lakini alimwambia simba afumbe macho akitaka kupewa nyama hiyo. Simba alikubali masharti hayo. Mara ya kwanza sungura alimtupia simba pande kubwa la nyama, naye akalimeza. Mara ya pili alifanya vile vile, lakini mara ya tatu badala ya kumtupia nyama ya mnofu, alimtupia lile jiwe lenye moto. Alipojaribu kulimeza; jiwe lilimkwama kooni na kwa ukali wa ule moto simba alianguka chini akafa.

Hii ilikuwa salama ya ng'ombe. Ng'ombe alizidi kukaa hapo, akazaa mtoto. Sungura alipenda kuishi na ng'ombe kwa kuwa kila siku alikuwa akinywa maziwa ya ng'ombe. Tangu hapo ng'ombe na simba hawapatani, kwani simba akimwona ng'ombe hutaka kumla, na ng'ombe akimwaona simba humkimbia.

RABBIT AND ROOSTER

Rabbit and Rooster were very good friends. One day Rooster invited Rabbit to his place. Rooster knew that Rabbit was very cunning and sneaky so he planned a fraud which would finish Rabbit. Rabbit stayed at Rooster's place for the day. When evening fell Rooster told Rabbit not to go back but to sleep with him at his place, so Rabbit agreed and he slept at Rooster's place. Rooster had already taught his wife that if he said "cut my head off so that I can sleep," it meant that his wife should take Rooster's head and tuck it under his wing so that it would seem as if it had been cut. Rooster also taught his wife that if he said "Give back my head so that I can get up" it meant that she should take his head out from under the wing. It's customary for chickens to tuck their heads under their wings without feeling uncomfortable or getting breathless.

When it was time for bed, Rabbit was given a room to sleep in but Rabbit did not get drowsy easily because of his cunning. Before sleeping Rooster told his wife, "Cut my head off so that I can sleep." Quickly his wife took her husband's head and tucked it under his wing.

SUNGURA NA JOGOO

Sungura na jogoo walikuwa marafiki sana. Siku moja jogoo alimkaribisha sungura nyumbani kwake. Jogoo alijua kuwa sungura ni mjanja na mchunguzi sana, hivyo aliutunga ujanja utakaomkomesha sungura. Sungura alishinda nyumbani kwa jogoo, hata ilipofika jioni alicmbwa asirudi ila alale, naye alikubali kulala nyumbani kwa jogoo. Jogoo alikwisha mfundisha mke wake kuwa akisema, "Nikate kichwa nilale", maana yake ni kwamba mama kuku achukue kichwa cha baba kuku akifutika chini ya mbawa na aonekane kana kwamba kichwa chake kimekatwa. Pia jogoo alimfundisha mkewe kuwa akisema, "Nipe kichwa changu niamke", maana yake amtoe kichwa mbawani, Ni desturi kwa kuku kufutika vichwa mbawani bila kuona maumivu au kukosa pumzi.

Wakati wa kulala ulipofika, sungura alipewa chumba chake cha kulala, lakini sungura hakusinzia upesi shauri ya ujanja wake. Kabla ya kulala, jogoo alimwambia mkewe, "Nikate kichwa changu ili nilale." Hima mkewe alikichukua kichwa cha mumewe, akakifutika mbawani.

RABBIT AND ROOSTER
(continued)

When Rabbit heard Rooster's words, he quickly got up to see Rooster's head being cut off. He peeped out the door very silently and saw that Rooster's head was really not there and he believed that it had already been cut off because it was not visible since it was hidden under his wing. Rabbit was very surprised and saw that his cunning really could not match Rooster's. Rabbit didn't sleep the whole night. He was very depressed because he had thought that he was most cunning person of all. He intended to do the same thing when he reached home for, if Rooster could do it, then he would (because) he could never be beaten.

Early in the morning, Rooster woke his wife up and said to her, 'Give me back my head so that I can wake up'. Hurriedly his wife took her husband's head out from under the wing where it was tucked. Suddenly he started to crow, 'Kokolikoo." This surprised Rabbit very much, and he thought, 'How can somebody have his head cut off and come alive again?" Rabbit couldn't stand staying there any longer. He said goodbye and went away with his heart full of thoughts.

SUNGURA NA JOGOO
(yanaendelea)

Sungura aliposikia maneno ya jogoo, aliamka upesi ili apate kuona jogoo akikatwa kichwa. Alichungulia mlangoni kwa taratibu sana ili asisikilikane na apate kuona jogoo akikatwa kichwa. Alichungulia mlangoni taratibu sana akaona kweli kichwa cha jogoo kilikuwa hakionekani, na aliamini kuwa kilikuwa kimekwisha katwa kwa vile hakikuonekana kwa kufutikwa mbawani. Sungura alistaajabu sana akaona kuwa kwa kweli ujanja wake ulikuwa haulingani na ujanja wa jogoo. Usiku mzima sungura hakuweza kulala. Alihudhunika sana kwa kuwa yeye alijifikiri kuwa ni mjanja kushinda wote. Aliazimia naye kufanya vile vile akirudi nyumbani kwa kuwa ikiwa jogoo akiweza kufanya vile, naye hatashindwa kamwe.

Asubuhi sana, jogoo alimwamsha mkewe akamwambia, "Nipe kichwa changu nipate kuamka." Upesi mkewe alitoa kichwa cha mwewe mbawani kilimofutikwa. Mara jogoo alianza kuwika, "Kokolikoo". Jambo hilo lilimshangaza sana sungura, naye alifikiri, "Inawezekana je mtu kukatwa kichwa na akawa hai tena?" Sungura hakuweza kustahimili kukaa pale tena. Aliaga akaenda zake mwenye mawazo mengi moyoni.

RABBIT AND ROOSTER
(continued)

When he reached home he was not content with his wife. Everything she did depressed him. When she saw that the problems were only getting worse, she asked him "What's wrong today, why are you not content with me?" Rabbit replied harshly, "You are not equal to other women." His wife replied, "How am I not equal to my fellow women?" Rabbit answered more harshly and said, "Have you ever done what your fellow women do? Rooster's wife is really a good wife. Before her husband sleeps she cuts off his head, and in the morning she gives it back to him. Can you do that?" His wife replied, "I've never heard of anyone having his head cut off and still being alive." Rabbit and his wife argued and abused one another about this until he forced his wife to agree to cut his head off in the evening before sleeping. Both of them were upset the whole day because of this.

When night fell, the problems started again. Rabbit told his wife to cut his head off so that he could sleep, and she refused. Quarreling started and grew more and more and at last it was Mother Rabbit's duty to do what she had been ordered in order to stop the arguing. Boys will be boys; many times men want women to do what they order without an argument. So Mother Rabbit took the knife which Father Rabbit had sharpened like a razor and cut off his head. After slashing off his head, Father Rabbit's body rolled from side to side in the room with blood pouring out. Mother Rabbit was astonished but she thought that maybe that was the way things were supposed to be so she went to sleep. In the morning she waited for her husband's order to put his head back so he could wake up, but it was useless, Father Rabbit lay there dead. Mother Rabbit took her husband's head and tried to join it to his body thinking that maybe he would wake up. Lo and behold, Father Rabbit was dead.

SUNGURA NA JOGOO

(yanaendelea)

Alipofika nyumbani hakuwa na raha na mkewe. Kila jambo alilofanya mkewe lilimchukiza tu. Mkewe alipoona mambo hayo yanazidi alimwuliza mumewe, "Bwana, kuna nini leo, mbona huna raha nami?" Sungura alimjibu mkewe kwa ukali, "Wewe hulingani na wanawake wengine." Mkewe akamjibu, "Kwa vipi silingani na wanawake wenzangu?" Sungura akajibu kwa ukali zaidi akasema, "Umepata kufanya kama wanawake wenzako wafanyavyo? Mke wa jogoo ni mke kweli. Kabla mume wake hajalala humkata kichwa, na asubuhi humpa kichwa chake tena. Je, wewe unaweza kufanya vile?" Mkewe akamjibu, "Mimi sijapata kusikia kuwa mtu kakatwa kichwa na akaendelea kuishi." Sungura na mkewe walibishana na kufokeana juu ya jambo hilo hata alimlazimisha mkewe akubali kumkata kichwa jioni kabla ya kulala. Wote wawili walikuwa na wasiwasi mchana kutwa juu ya jambo hilo.

Usiku ulipoingia, mambo yalianza tena. Sungura alimdai mkewe amkate kichwa ili apate kulala, na mkewe alikataa. Ugomvi ulianza, ukazidi hata mwishowe ilimpasa mama sungura afanye vile alivyoamriwa na mumewe ili kufupisha ugomvi. Wanaume ni wanaume, mara nyingi wanaume hutaka wake wayatimize mambo wanayoamriwa bila ubishi. Basi, mama sungura akakitwaa kisu ambacho baba sungura alikuwa amekinoa kama wembe, akakikata kichwa cha baba sungura. Baada ya kukikata kichwa, mwili wa baba sungura uligagaa chumbani na damu zilitoka ovyo. Mama sungura alishangaa, lakini alifikiri kuwa labda ndivyo mambo yenyewe yanavyotendeka, akaenda zake kulala. Asubuhi alingojea amri ya mumewe ya kukitaka kichwa ili aweze kuamka, lakini wapi, baba sungura alikuwa amelala foo foo. Mama sungura alikichukua kichwa cha mumewe akajaribu kukiunganisha na kiwiliwili eti labda ataamka, kumbe, wapi, sungura kisha kufa.

RABBIT AND ROOSTER
(continued)

After realizing that her husband was dead Mother Rabbit went and told Rooster the whole story. Rooster and his wife were very sorry because Mr. Rabbit tried to do things without knowing how they were done.

Father Rabbit was buried. He died because of his foolishness. Let's not do things without thinking, nor should we copy things without understanding their meaning.

SUNGURA NA JOGOO
(yanaendelea)

Baada ya kuona kuwa mume wake amekufa, mama sungura alimwendea jogoo akamweleza yote yaliyotokea. Jogoo na mkewe walisikitika kwa vile bwana sungura aliweza kufanya mambo bila kufahamu yanavyofanyika.

Baba sungura alizikwa. Alikufa kwa ujinga wake. Tusifanye mambo bila kufikiri, wala tusiige mambo bila kufahamu maana yake.

THE STORY OF FOX AND THE CHICKEN OWNER

Once upon a time there was a man who kept many chickens. Every evening he used to count his chickens before they went in.

Next to his house was a hole which was Fox and his family's dwelling place. When Fox saw so many chickens he longed for them. He thought that even if he caught one chicken and ate it up, it wouldn't be noticed because they were so many.

Fox's desire of eating the chickens grew until he finally started to seize them and eat them. Everyday when the chicken owner counted his chickens he noticed that there were fewer. The number of chickens kept on decreasing every day until there were only a few left. Every day the chicken owner secretly watched to find out what was happening to his chickens. One day he caught Fox seizing one of his chickens. The chicken owner chased Fox up to his hole and there he discovered the home of his chickens' enemy. Angrily he tied up a load of grass and covered the hole.

KISA CHA MBWEHA NA MWENYE KUKU

Hapo kale palikuwepo na mtu ambaye alifuga kuku wengi sana. Kila siku jioni alizoea kuwahesabu kuku wake kabla hawajaingia nyumbani.

Jirani na nyumba yake palikuweko na shimo ambalo lilikuwa maskani ya mbweha na ukoo wake. Mbweha alipoona kuku wale wengi, alianza kuwatamani. Alifikiri kuwa hata akimshika kuku mmoja na kumla, haitajulikana kwamba kuku mmoja amepungua kwa vile walivyokuwa wengi.

Tamaa ya mbweha ilizidi hata akaanza kuwakamata kuku kwa siri na kuwala. Kila siku mwenye kuku akihesabu kuku wake aliona wanazidi kupungua. Idadi ya kuku ilizidi kupungua kila siku hata walibakia wachache tu. Kila siku mwenye kuku alizidi kupeleleza kitu kina-chomaliza kuku zake. Katika upelelezi huu, siku moja alimgundua mbweha akikamata kuku wake. Mwenye kuku alimfukuza mbweha hadi shimoni kwake, ndipo alipogundua maskani ya adui wa mali yake. Kwa hasira alifunga mzigo wa nyasi na kuliziba lile shimo.

THE STORY OF FOX AND THE CHICKEN OWNER
(continued)

Lo and behold, inside the hole was Mother Fox and her children. After a long time, Father Fox returned to peep at the mouth of the hole to see what was out there. When he saw the load of grass which covered the opening of the hole, he thought that the chicken owner was trying to trap him. Therefore he returned quickly and told his wife about what he had seen. Father Fox went up to the door every now and then, and whenever he went and saw the load of grass, he thought that the chicken owner was still trying to trap him. The food stock they had in the hole was finished. Hunger was overwhelming them until they were in a great misery. At last Father Fox convinced his wife that they should kill the children so that they could survive. After agreeing with each other, they started to kill their children one by one. The children were finished but the hunger never stopped. It increased until Fox, who was more cunning than his wife, suggested that they wrestle, and whoever was thrown down first would be killed and eaten up by the other. They both agreed to this plan.

The Father and the Mother Fox started to wrestle. Father Fox was thrown down but before Mother Fox tried to kill her husband, Father Fox started to defend himself and told his wife that the reason he was thrown down was because he hadn't stood properly at first. Father Fox begged Mother Fox to wrestle again and she agreed. The second time Father Fox was also thrown down and he defended himself again with the same words. The third time Father Fox begged Mother Fox again to wrestle. Mother Fox agreed. This time Father Fox tried his level best and threw down Mother Fox first. When Mother Fox tried to defend herself she wasn't heard, instead she was killed and eaten up by Father Fox.

KISA CHA MBWEHA NA MWENYE KUKU
(yanaendelea)

Kumbe humo ndani ya shimo alikuwemo pia mama mbweha na watoto wake. Baada ya muda kitambo, baba mbweha alirudi tena kuchungulia mlangoni ili aone kulikoni. Alipouona ule mzigo wa nyasi uliokuwa mlangoni alidhani kuwa ni mwenye kuku anamvizia. Hivyo alirudi mbio ndani na kumwarifu mkewe mambo aliyoyaona. Baba mbweha alikwenda mlangoni mara kwa mara, na kila alipokwenda kuchungulia akiona ule mzigo wa nyasi, alifikiri kuwa mwenye kuku alikuwa bado akimvizia. Akiba ya chakula walichokuwa nacho shimoni ilikwisha. Njaa ilizidi kuwasonga hata hali yao ikawa taabani. Mwishowe baba mbweha alianza kumshauri mkewe wawaue watoto wao ili waponee njaa. Baada ya kukubaliana, walianza kuwaua watoto wao mmoja mmoja na kuwala. Watoto wote walikwisha lakini njaa haikwisha. Njaa ilizidi hata bwana ambaye alikuwa mjanja kuliko mkewe alitoa shauri kuwa washikane miereka na yule atakayeanguka chini auawe na aliwe na mwenzake. Mpango huo ulikubaliwa na wote.

Baba na mama mbweha walianza kushikana miereka. Kukuru kakara, kukuru kakara, baba mbweha kaanguka chini, na kabla mama mbweha hajaanza kumwua mumewe, baba mbweha alianza kujitetea akamwambia mkewe kuwa kule kuanguka kwake kulikuwa sababu hakusimama vizuri. Baba mbweha alimwomba mama mbweha washikane miereka tena, na mama mbweha alikubali. Hata safari hii ya pili baba mbweha alianguka, na alipoanguka alijitetea tena kwa maneno yale yale ya kwanza kuwa alikuwa hajasimama vizuri. Mara ya tatu baba mbweha alimwomba mama mbweha washikane tena miereka. Mama mbweha alikubali. Safari hii, baba mbweha alijikaza sana akamwangusha mama mbweha. Mama mbweha alipojitetea hakusikilizwa, bali aliuawa mara na kuliwa na baba mbweha.

THE STORY OF FOX AND THE CHICKEN OWNER
(continued)

Hunger never stops except when one dies. After eating Mother Fox's flesh, Father Fox got more hungry. Whenever he peeped at the opening he thought that the chicken owner was still waiting for him. He had eaten up all his children and his wife, what could he now do? Hunger is a bad thing. It is a disease which can only be cured by food. Father Fox thought very hard; there was no other way except to eat one of his legs. In great pain he cut off one of his legs and ate it. Because of the pain, Father Fox realized that he would have to go to the opening and investigate carefully (to see) if the thing over the opening was really the chicken owner. He didn't care even if the thing on the opening was the chicken owner, he preferred to die than to continue suffering the way he was suffering. He was astonished to see that the thing which had frightened him was a load of grass. He pushed the load of grass away with anger and went out. He was sorry because his greediness had made him kill his children and wife and left himself deformed. Father Fox moved away from there and went to live in the forest. Ever since then, Fox has been a chicken thief, and whenever men see Foxes they chase them or kill them.

Theft is a bad thing and it always brings trouble.

KISA CHA MBWEHA NA MWENYE KUKU
(yanaendelea)

Njaa nayo haiishi ila kwa mauti tu. Baada ya kuimaliza nyama ya mama mbweha, baba mbweha alishikwa na njaa kali sana. Kila akichungulia mlangoni aliona mwenye kuku yu angali akimngojea. Watoto wake wote alikuwa amekwisha wala, pia mke wake, atafanyaje sasa? Njaa ni kitu kibaya, ni maradhi yanayotibiwa kwa chakula tu. Baba mbweha alifikiri sana, akaona hana budi kuanza kula mguu wake mmoja. Kwa maumivu makali aliukata mguu mmoja akala. Kwa ajili ya maumivu hayo, baba mbweha alionelea kuwa yampasa aende mlangoni akachungue vizuri kama kweli kitu kile kilichokuwa mlangoni alikuwa mwenye kuku. Alihiari kuuawa iwapo kile kilichokuwa mlangoni alikuwa mwenye kuku kuliko kuzidi kupata mateso makali kama hayo. Alijikaza akaenda mlangoni. Alishtuka kuona kuwa kile alichokiogopa kilikuwa mzigo wa nyasi. Kwa uchungu aliusukuma ule mzigo wa nyasi, akatoka nje. Alihuzunika kwa vile wizi wake ulimfanya awaue watoto wake na mkewe, na kujipatia kilema cha maisha. Baba mbweha alihama hapo akaenda kuishi porini. Tangu hapo mbweha ni mwizi wa kuku, na binadamu amwonapo mbweha humfukuza na hata kumwua.

Wizi ni jambo baya na kila mara huleta hasara.

PART II - HEALTH

Introduction

One of Peace Corps' principal concerns is basic human needs, and improving health care is a top priority for Peace Corps and Tanzania. This section will help you become involved in improving health conditions in Tanzania.

The first selection is an article on nutrition written specifically with reference to Tanzania. It is important to be aware of how Tanzania has evaluated its own particular health problems, and what proposals have been made for improving those conditions. This article has also been included to help you learn how to talk about nutrition. To help you learn relevant vocabulary, important words and phrases have been listed in English on each page of the translated Swahili text. By finding and writing in the Swahili equivalents for each English expression, you will begin learning how to talk about nutritional needs and the importance of a balanced diet for good health.

The other selections in this section are aimed at expanding vocabulary. A list of diseases and health-related vocabulary has been included. And to help you learn to talk about the human body, a list of different body parts is accompanied by Swahili sentences containing the words.

EATING NUTRITIONAL FOOD *

1. Introduction

This booklet is intended to make you understand three important things: reasons for eating good food, the damage that can be caused by lack of good food, and lastly, ways in which you can get good food.

2. Problems

Lack of good food is the big problem facing the whole African continent. Many people become weak or sick and die because they do not get enough nutritional food.

50% of the population of Tanzania is children but out of 10 children that are born, five die before getting very old from diseases caused by a lack of nutritional food or enough food. More than this, a great number of pregnant mothers miscarry because of a lack of nutritional food.

To avoid those losses, we and our families must know easy ways of getting good food so that this nation can have healthy people. One of the aims of our government, according to the five year development plan, is to enable every citizen to live a longer life.

Important Words and Phrases

good(nutritional) food
damage
lack of good(nutritional) food
weak
sick
enough food
diseases
pregnant mothers
avoid loss
family
aim
Five Year Development Plan
longer life
citizen

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1. Dibaji:

Kijitabu hiki kina madhumuni ya kukufahamisha mambo makuu matatu; sababu za kula chakula bora, madhara yanayoweza kutokea kwa kukosa chakula bora, na mwisho njia unazoweza kutumia ili kupata chakula bora.

2. Matatizo:

Ukosefu wa chakula bora ni tatizo kubwa ambalo limekabili bara zima la Afrika. Watu wengi huwa wadhaifu au huugua na kufa kwa sababu hawapati chakula bora na cha kutosha.

Parisenti 50 ya watu wa Tanzania ni watoto wadogo. Lakini kati ya watoto kumi wanaozaliwa, watano hufa kabla hawajafikia umri mkubwa kwa ajili ya magonjwa yanayosababishwa na kukosa chakula bora au cha kutosha. Zaidi ya hayo idadi kubwa ya kina mama waja wazito huharibu mimba kwa kukosa chakula bora.

Kuepukana na hasara hizo inatupasa pamoja na jamaa zetu kula chakula bora na cha kutosha. Yafaa pia kujua njia rahisi za kujipatia chakula bora ili Taifa hili liwe na watu wenye afya bora. Nia mojawapo ya Serikali yetu, kufuatana na Mpango wa Maendeleo wa Miaka Mitano ni kumwezesha kila mwananchi kuishi maisha marefu zaidi.

3. The Work of Food in the Body

Many people think that the aim of eating food is only to stop hunger. Therefore they eat food to fill up their stomachs. But those people forget that the weakness in their bodies is due to lack of certain types of food needed by the body for different essential processes. Therefore, we need to know the kinds of foods which are essential to the daily diet:

The food we eat has three big jobs:

1. To build the body, and strengthen worn-out parts.
2. To give the body strength to work.
3. To enable the body to do its essential processes, for example, to breath in and out, to see, to hear and so on.

The strength to work that we get after eating food is called "Calories". If we do hard work we need many calories, therefore we must eat enough food. An ordinary worker needs 3,000 calories everyday. (One pint of milk is equal to 390 calories). When calories in the body decrease, a person becomes lazy and also can easily become sick.

Important Words and Phrases

hunger
fill up stomach, be sated
weakness
body
food needed by body
essential processes
be essential, necessary
daily diet
build body
strengthen
strength
inhale
exhale
see
hear
be lazy
be sick

3. Kazi za Chakula Mwilini:

Watu wengi hudhani kuwa madhumuni ya kula chakula ni kuzuia njaa tu. Kwa ajili hiyo hula chakula ili mradi kushibisha matumbo tu. Lakini watu hao husahau kuwa udhaifu wa miili yao unatokana na kutopata aina ya vyakula vinavyohitajika mwilini kwa kazi mbali mbali za lazima. Kwa hiyo inatulazimu kujua aina za vyakula ambavyo ni vya lazima kwa mlo wa kila siku.

Chakula tunachokula kina kazi kuu tatu:

1. Kujenga mwili na kuimarisha sehemu zilizochoka.
2. Kuupa mwili nguvu za kufanya kazi.
3. Kuwezesha viungo vya mwili kufanya kazi zake za lazima, kwa mfano kuvuta hewa na kupumua, kuona, kusikia na kadhalika.

Nguvu za kufanya kazi ambazo tunazipata baada ya kula chakula zinaitwa "Kalorii" (Calories). Tukifanya kazi ngumu twahitaji kalorii nyingi; hivyo ni lazima tule chakula cha kutosha. Mfanya kazi wa kawaida anahitaji kalorii 3,000 kwa siku. (Thamani ya painti moja ya maziwa ni kalorii 390). Kalori zikipungua mwilini, mtu huwa mzembe na pia ni rahisi kupatwa na maradhi.

EATING NUTRITIONAL FOOD

Food can be divided into five (important) groups: protein, carbohydrates (starch and sugar) oil, minerals, and vitamins. A complete diet must have all these kinds of food in order to enable the body to do its work properly.

a. Protein

We need protein to build our bodies, as with muscles, to repair worn out parts, for example, to grow hair, nails and so on. More than this it strengthens every part in the body that is tired.

We can get protein by eating different types of meat, fish, milk, eggs, insects like grasshoppers, locusts, white ants and others, crops of pears and beans together with peanuts. These types of food are easy to get. It is difficult to get all these foods in one meal, but you can get one of them by changing everyday. For example, it is better to get one egg three or more times a week.

Pregnant women should get a lot of protein to strengthen the pregnancy and give birth to healthy babies. Children should also get a lot of protein to grow quickly and build different parts of their bodies. Nursing mothers should also get a lot of protein so that their health and that of their babies can progress.

Important Words and Phrases

starch
sugar
oil
minerals
properly
muscles
grow hair
nails
meat
fish
milk
eggs
insects
pears
beans
peanuts
meal
pregnancy
give birth
grow
build
nurse, breast-feed
progress, flourish

Chakula kinaweza kuwekwa katika mafungu makuu matano; protini, kabo-haidreti (wanga na sukari), mafuta, madini, na vitamini. Mlo kamili unapaswa kuwa na aina zote hizo za vyakula ili kuwezesha mwili kufanya kazi zake barabara.

a. Protini:

Tunahitaji chakula cha aina ya protini ili tuweze kujenga mili yetu, kama vile misuli, kutengeneza upya sehemu zilizozeeka, mathalani kuotesha nywele, kucha na kadhalika. Zaidi ya hayo huimarisha sehemu zote zilizochoka mwilini.

Tunaweza kupata protini kwa kula nyama za aina mbali mbali, samaki, maziwa, mayai, wadudu kama vile panzi, nzige, kumbi-kumbi na wengineo, mazao ya jamii ya kunde na maharage pamoja na karanga. Vyakula kama hivyo ni rahisi kuvipata. Ni vigumu kupata vyakula hivyo vyote kwa mlo mmoja, bali unaweza kupata kimojawapo kila siku kwa kubadilishana. Kwa mfano ni bora kupata yai moja mara tatu au zaidi kwa wiki.

Wanawake waja wazito wanapaswa kupata protini nyingi ili kukuza mimba na kuzaa watoto wenye afya. Watoto pia wanapaswa kupata protini nyingi ili waweze kukua upesi na kujenga viungo mbali mbali vya miili yao. Vile vile akina mama wanaonyonyesha wapate protini nyingi ili afya yao pamoja na ya watoto wao iweze kustawi.

EATING NUTRITIONAL FOOD

Getting Protein:

All the food with protein mentioned can be obtained easily. For example, in nearly every part of Tanzania the citizens keep chickens. If you want to get eggs and meat often you should keep chickens or ducks. Breeding chickens is not expensive. You can feed them with grains that you grow in your own farm. More than this you can breed small animals like rabbits. The breeding of these animals is also not expensive, for example, rabbits can feed on soft vegetables from the farm. You can also breed birds like pigeons which you can kill and use to put on food.

In order to get fish easily you can dig a hole or cement pond in which you can keep fish. When the fish have grown you can get enough to put on food for yourself and your family every week.

Similarly you can grow crops from the bean and pea family, together with peanuts which also have a lot of protein. It is easy to grow these crops in all parts of Tanzania. They do not take long to mature. These crops last a long time in a storeroom without spoiling.

Important Words

chicken
duck
breed
feed
grains
animal
rabbit
vegetable
farm
bird
pigeon
dig
hole, pond
cement pond
raise, grow (crops)
mature
storeroom
spoil

Kupata Protini:

Vyakula vyote vya aina ya protini vilivyokwisha kutajwa, vinaweza kupatikana kwa urahisi nchini. Kwa mfano karibu mahali pote Tanzania wananchi hufuga kuku. Ukitaka kujipatia mayai na nyama mara kwa mara itakubidi kufuga kuku au bata. Ufugaji wa kuku hauna gharama kubwa. Unaweza kuwalisha nafaka unazolima wewe mwenyewe shambani mwako. Zaidi ya hayo unaweza kufuga wanyama wadogo kama sungura. Ufugaji wa wanyama hao pia hauna gharama kubwa, kwa mfano sungura anaweza kuishi kwa kula majani laini kutoka shambani. Vile vile unaweza kufuga ndege kama vile njiwa-manga, ambao utawachinja na kupata kitoweo.

Ili kuweza kujipatia samaki kwa urahisi unaweza kuchimba lambo au bwawa ambalo ndani yake utafuga samaki. Samaki hao wakisha kuzaliana utawavua kiasi cha kutosha kupata kitoweo wewe pamoja na familia yako kila juma.

Vile vile unaweza kulima mazao mengine ya jamii ya kunde na maharage pamoja na karanga ambayo pia yana protini nyingi. Ni rahisi kustawisha mazao kama hayo katika sehemu zote hapa Tanzania. Hayachukui muda mrefu kukomaa. Mazao hayo yanaweza kukaa muda mrefu ghalani bila kuharibika.

Problems Due to the Lack of Protein:

Signs of a lack of protein are usually more noticeable in children than in adults. The children suffer from a disease called KWASHIORKOR. A child that is suffering from this disease stops growing completely. The color of his/her skin changes, and his/her hair turns red and slippery. Afterwards the whole body swells, especially the legs, and many sores appear on the skin. The child will have diarrhea and will often cough, the body lacks blood and becomes weak. Very often these children lose their appetite and are unhappy. This disease causes many deaths to children.

If pregnant mothers lack protein in their bodies, they can deliver the babies prematurely. And others may deliver on time, they will lack milk to feed their babies. If adults do not get enough protein they become weak.

Important Words and Phrases

sign
sign of a lack of protein
suffer
stop growing
color
skin
red
slippery
swell
sore
skin
have diarrhea
cough
blood
appetite
be unhappy
death
deliver prematurely
lack milk

Madhara Kutokana na Kukoswa Protini:

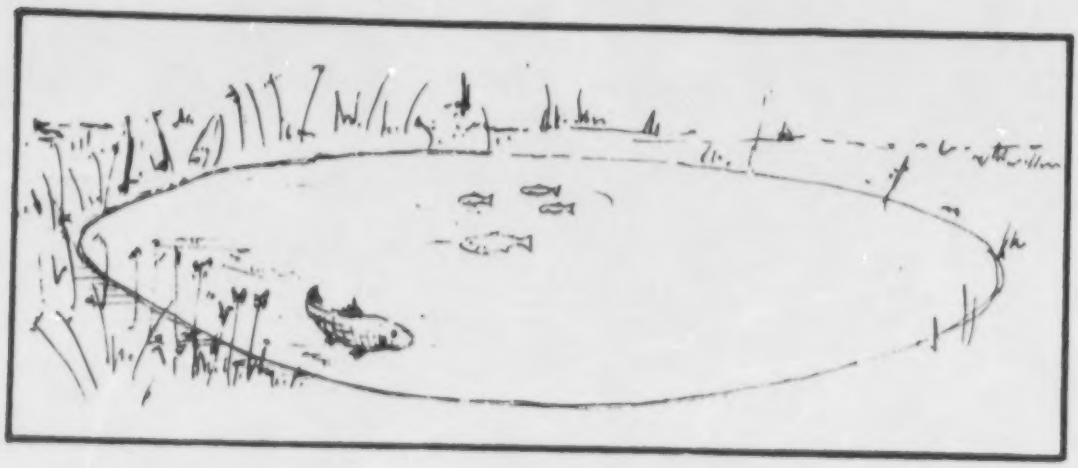
Dalili za ukosefu wa protini mwilini huonekana hasa kwa watoto kuliko watu wazima. Watoto huugua ugonjwa unaoitwa "KWASHIORKOR." Mtoto anayeugua ugonjwa huu huacha kabisa kukua. Rangi ya ngozi yake ya mwili hubadilika, nywele huwa nyekundu na zenye kuteleza. Baadaye mwili wote huvimba hasa miguu, na vidonda hutokea kwa wingi katika ngozi. Mtoto huharisha na kukohoa mara kwa mara, mwili hukosa damu na huwa mnyonge. Mara nyingi watoto wa namna hiyo hukosa hamu ya chakula na huwa hawana furaha. Ugonjwa huu husababisha vifo vingi kwa watoto.

Akina mama waja wazito wakikosa protini mwilini kuna hatari ya kuzaa mtoto kabla ya wakati wake. Ijapokuwa wengine wanaweza kuzaa watoto kamili vile vile watakabiliwa na ukosefu wa maziwa ya kunyoyesha watoto wao. Watu wazima wasipopata protini ya kutosha huwa wadhaifu.

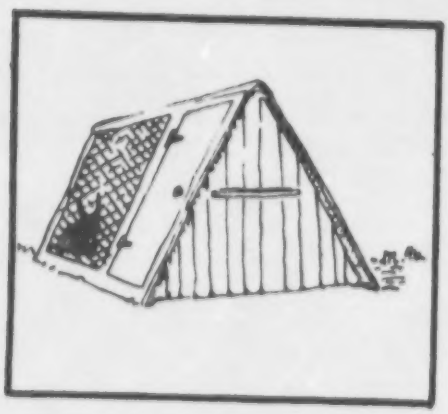
EATING NUTRITIONAL FOOD

Hivi ni vyakula vya aina ya protini:
(These are important protein foods)

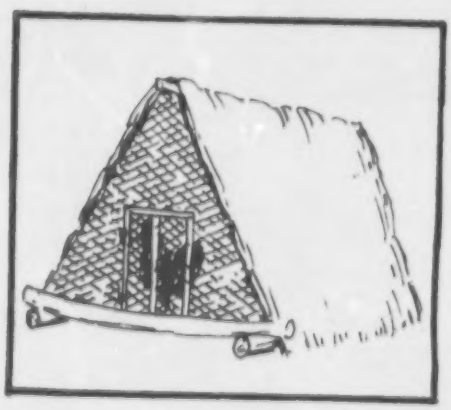
Fuga samaki katika bwana
(Breeding fish in a cement-lined pond)



Ukifuga wanyama wadogo wadogo utapata protini kwa urahisi
(If you breed small animals you can get protein easily)



Kirimba cha Sungura
(Rabbit Hutch)



Kibanda cha kuku
(Chicken House)

See "Sungura" to learn how to raise rabbits and "Ufugaji wa Kuku" to learn how to raise chickens.

b. Starch and Sugar (Carbohydrates)

This is important food we need for getting calories which enable us to live and work. When we are hungry, we eat a lot of food of this type.

We can get carbohydrates (starch and sugar) by eating bananas, cassava, grains (cereals), peanuts, beans, green grams (small peas) and other similar (foods).

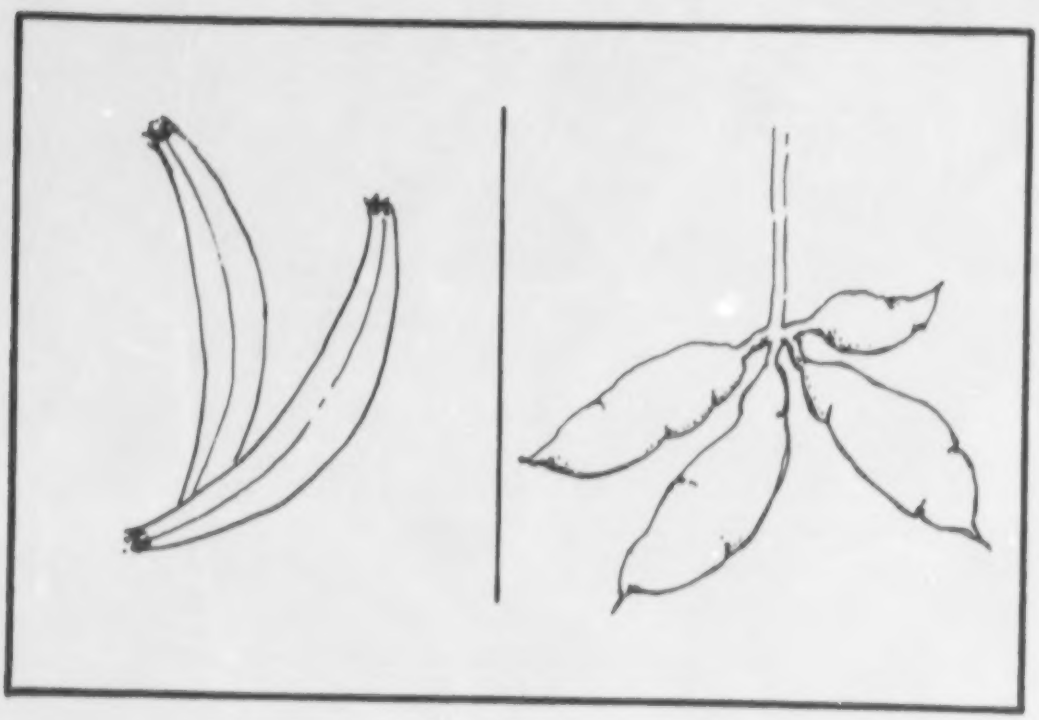
Important words

be hungry
banana
cassava
cereal
green gram

b. Wanga na Sukari (Kabo-Haidreti)

Hiki ni chakula kikuu ambacho tunahitaji ili kupata karolii za kutuwezesha kuishi na pia kufanya kazi. Tunapopata njaa tunakula chakula kingi cha namna hii.

Tunaweza kupata Kabo-haidreti (wanga na sukari) kwa kula ndizi, mihogo, nafaka, karanga, kunde, chooko, na kadhalika. Kila familia inaweza kupata chakula hiki kwa urahisi.



Ndizi
(Banana)

Mihogo
(Cassava)

c. Fat

Fatty foods are needed in the body to give us heat and strength to work. We get twice as many calories by eating fatty foods than we get by eating carbohydrates. With fatty foods we also get vitamins which are important for the body like vitamins A and B.

We get fats by eating peanuts, coconuts, ghee, milk, fatty meat, fish and the like.

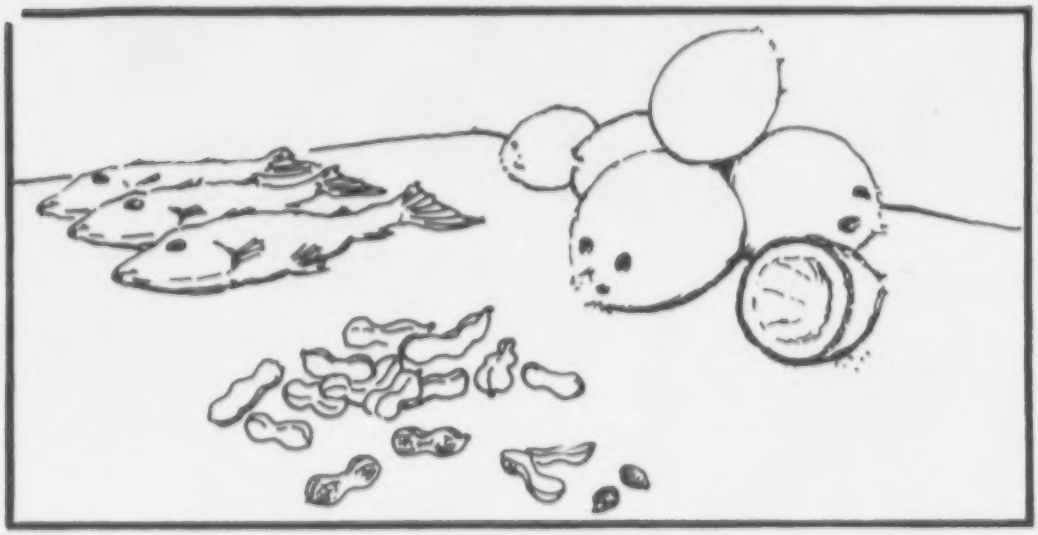
Important Words and Phrases

fat
heat
fatty food
important
coconut
ghee
fatty meat

c. Mafuta:

Chakula cha aina ya mafuta kinahitajika mwilini ili kutupa joto na nguvu za kufanya kazi. Karolii tunazoweza kupata kwa kula chakula cha mafuta ni mara mbili kuliko tunavyoweza kupata kwa kula chakula cha wanga na sukari (kabo-haidreti). Katika chakula cha mafuta tunaweza pia kupata vitamini muhimu mwilini kama vile vitamini A na B.

Tunaweza kupata chakula cha mafuta kwa kula karanga, nazi, samli, maziwa, nyama yenye mafuta, samaki na kadhalika.



d. Minerals

Our bones and teeth are made from minerals (calcium). Lack of this kind of nutrient in the body can cause the following problems (disease):

(a) Stiffening of the legs. (This disease attacks children and is called "Rickets"). The bones of adults become soft.

(b) Blood losing its normal color (red).

(c) Swelling on the neck.

(d) The whole body losing its natural shape.

We can get this type of food by eating fruits, green vegetables, cereals, eggs, milk and so on. You can make a small garden near your house to grow green vegetables and fruits.

Important Words and Phrases

mineral
nutrient
calcium
be stiff
bone
soft
normal
neck
natural
shape
lose shape
fruit
cereal
make
garden
small garden

d. Madini

Mifupa yetu pamoja na meno vimetengenezwa kutokana na madini (chumvi chumvi). Ukosefu wa chakula cha namna hii mwilini unaweza kusababisha madhara yafuatayo:

(a) Miguu kupinda (Ugonjwa huu hutokea kwa watoto, nao huitwa "Rickets"). Pia mifupa huwa miororo.

(b) Damu hukosa rangi yake ya kawaida (nyekundu).

(c) Kuvimba matezi shingoni.

(d) Mwili wote kwa kawaida hukosa umbo lake la asili.

Tunaweza kupata chakula cha aina hii kwa kula matunda, mboga za majani, nafaka, mayai, maziwa na kadhalika.
Ili kujipatia mboga za majani na matunda unaweza kutengeneza kijibustani karibu na nyumba yako.

e. Vitamins

These are chemicals in different foods which are essential for everyone's health. When a person lacks one of these vitamins in the body he/she can easily be attacked by different diseases. Vitamins which are important for the body are A, B, C and D.

Vitamin A:

Vitamin A can be obtained from milk, cheese, eggs, cod-liver oil, palm-oil, liver, fruits and green vegetables.

When a person lacks this vitamin, he/she cannot see at night, his/her skin becomes dry and then cracks.

Important Words and Phrases

chemical
attack
be attacked by disease
different
cheese
cod-liver oil
palm oil
liver
dry
crack

e. Vitamini

Hizi ni dawa zilizomo ndani ya vyakula mbali mbali ambazo ni za lazima kwa afya ya kila mtu. Mtu akikosa moja wapo ya dawa hizo mwilini mwake anaweza kushamubuliwa na magonjwa mbali mbali kwa urahisi. Vitamini zilizo muhimu sana mwilini ni A, B, C, na D.

Vitamini A:

Hupatikana katika maziwa, jibini, mayai, mafuta ya samaki, mawese, maini, matunda na mboga za majani.

Mtu akikosa vitamini hii macho yake hayawezi kuona usiku, ngozi ya mwili huwa kavu, kisha hupasuka pasuka.

Vitamin B:

There are three groups of this vitamin. The first group is obtained by eating green vegetables, cereals, beans, green-gram, meat, fish, fruits and milk. Lack of this group makes the body weak, brain nerves will not work properly, and if this condition continues for a long time, the limbs become paralyzed. This disease is called beri-beri.

The second group can be obtained from eggs, milk, peanut oil, sesame and green vegetables. If you lack these vitamins your lips will start to crack and your eyes will be affected. A child cannot grow properly.

The third group of this vitamin can be obtained by eating meat, fish, milk, eggs, fruits, potatoes, cassava and the like. Lack of this food can cause a disease called "Pellagra". The skin of a person who has this disease will dry and begin to crack, their stomach will ache and he/she will have diarrhea and will lose his/her memory.

Important Words and Phrases

group
be obtained
green vegetables
brain
nerve
brain nerves
condition
limb
be paralyzed
peanut oil
sesame
lips
potato
stomach
stomach ache
lose memory

Vitamini B:

Kuna mafungu matatu ya vitamini hii. Fungu la kwanza linapatikana kwa kula mboga za majani, nafaka, kunde, chooko, nyama, samaki, matunda na maziwa. Ukosefu wa fungu hilo la vyakula mwilini utaufanya mwili uwe qoi qoi mishipa ya fahamu haitafanya kazi bara bara na hali hii ikiendelea kwa muda mrefu viungo vya mwili vitapooza. Ugonjwa huu huitwa "Beri-beri."

Fungu la pili la vitamini hii linapatikana kutoka mayai, maziwa, mafuta ya karanga, ufuta, na mboga za majani. Ukikosa vitamini hii midomo itaanza kupasuka na macho yataanza kuugua. Mtoto hawezi kukua bara bara.

Fungu la tatu la vitamini hii linapatikana kwa kula nyama, samaki, maziwa, mayai, matunda, viazi, mihogo na kadhalika. Ukosefu wa chakula hiki unaweza kusababisha ugonjwa unaoitwa "Pellagra." Mtu mwenye ugonjwa huu ngozi ya mwili wake hukauka na kuanza kupasuka, huharisha na tumbo husokota na akili humpotea.

Vitamin C

This is obtained from uncooked or partly cooked vegetables, like spinach, cassava leaves and others, fruits, cassava or potatoes, and milk. Fruits and green vegetables must be eaten as soon as they are harvested or picked in the garden, otherwise the Vitamin C will be lost.

Lack of this vitamin results in a disease called scurvy. Signs of this disease are constant bleeding of the legs or arms, and swelling gums. If the affected person does not get quick treatment, he/she will lose blood and may finally die.

Vitamin D

This can be obtained by eating eggs, milk, fish and green vegetables.

Lack of this vitamin can cause stiffening of the legs, a disease that attacks children and is called "Rickets." In adults the bones become soft.

Important Words and Phrases

spinach
cassava leaves
harvest
pick
constant bleeding
gums
quick treatment
lose blood

Vitamini C:

Hii hupatikana katika mboga mbichi au zilizopikwa kidogo, mathalani mchicha, kisamvu, na kadha wa kadha, matunda, mihogo au viazi, na maziwa. Matunda na mboga za majani yafaa viliwe mapema mara baada ya kuvunwa au kuchumwa bustanini ama sivyo vitamini C itaharibika.

Ukosefu wa vitamini hii unasababisha ugonjwa unaoitwa "Scurvy." Dalili za ugonjwa huu ni kutokwa kwa damu mara kwa mara. Miguu na mikono huvimba pamoja na ufizi. Mgonjwa asipopata matibabu haraka damu itapungua na hatimaye anaweza kufa.

Vitamini D:

Hii inaweza kupatikana kwa kula mayai, maziwa, samaki, na mboga za majani.

Ukosefu wa vitamini hii unaweza kusababisha miguu kupinda, ugonjwa unaotokea kwa watoto unaoitwa "Rickets." Kwa watu wazima mifupa huwa haina nguvu.

4. Amount of Food for Every Family

The quantity of food that is enough for one person depends on the type of food, and also upon the work that the person does. A person who does heavy work needs more food. Pregnant and nursing women need more food when they are looking after their babies than they do at other times.

The following system can be used to estimate the food needed by your family:

1. 8 oz. of fish is enough for an adult, or 4 oz. of dried fish.

2. 6 oz. of boneless meat is enough for each person in one meal or 8 oz. of meat with bones.

3. 4 oz. of peas or lentils is enough for one person in one meal.

4. Grain -- Maize flour, corn flour, etc. 12 oz. for every adult

5. Rice -- 8 oz. for every adult at one meal.

6. Green vegetables, or others, 3 oz. for each person.

7. Cooking oil - 1 oz. per day per person.

8. Sugar - 1 oz. per day per person.

9. Milk -- children should get not less than 1/2 pint everyday and if possible this should be increased to 1 pint. Adults should get 1/2 pint or more.

Important Words and Phrases

amount
system
estimate
be enough
boneless meat
meat with bones
cooking oil
ounce
pint

4. Kiasi cha Chakula kwa Kila Jamaa:

Kiasi cha chakula ambacho kinatosha kwa mtu mmoja hutegemea jinsi chakula kilivyo, na pia hutegemea kazi ambayo mtu anafanya. Mtu anayefanya kazi inayohitaji nguvu nyingi anapaswa kula chakula kingi zaidi. Wanawake wenye mimba na wanaonyonyesha huhitaji chakula zaidi wakati wanapotunza watoto kuliko wakati mwingine wowote.

Ufuatao ni utaratibu unaoweza kukusaidia kufuata unapokadiria chakula kwa familia yako:

1. Samaki wa uzito wa wakia 8 hutosha kwa kila mtu mkubwa, AU samaki mkavu wa wakia 4.

2. Nyama mbichi bila mfupa wakia 6 zinatosha kila mtu kwa mlo mmoja, AU nyama mbichi yenye mfupa wakia 8.

3. Maharage au dengu wakia 4 zatosha mtu mmoja kwa mlo mmoja.

4. Nafaka -- unga wa mahindi, wa mtama na kadhalika wakia 12 kwa kila mtu mkubwa.

5. Mchele -- wakia 8 kila mtu mkubwa kwa mlo mmoja.

6. Mboga za majani au za aina nyingine -- wakia tatu kila mtu.

7. Mafuta ya kupikia wakia moja kwa siku kila mtu.

8. Sukari -- wakia moja kwa siku kila mtu.

9. Maziwa -- watoto wapate maziwa yasiyopungua 1/2 painti kwa siku na ikiwezekana kipimo hicho kiongezwe hadi painti moja. Watu wazima wapate kuanzia 1/2 painti na kuendelea.

Children under 6 years should get half of the adult estimate. Children between 6 and 12 should get 2/3 of these estimates and those older than that should get the adult estimate.

Watoto wenye umri chini ya miaka 6 wapate nusu ya vipimo vya watu wakubwa. Watoto wenye miaka 6 hadi 12 wapate 2/3 ya vipimo hivyo na umri zaidi ya hapo wapate vipimo kama vya watu wakubwa.

THAMANI YA VYAKULA MBALI MBALI					
AINA YA CHAKULA	*THAMANI YAKE*				
	Protin	*Wanga na Sukari*	*Vitamini*		
			A	*B*	*C*
MAZIWA	●●	●●	●●	●●	●●
NYAMA	●●●	●●	●	●●	
MAYAI	●●●	●●	●●	●●	
SAMAKI	●●●	●●	●●		
MCHELE MWEUPE	●●●				
MACHUNGWA		●			●●●
MBOGA ZA RANGI		●	●●●	●●	●●
NDIZI		●●		●	●
MAHARAGE	●●	●●●	●●	●●	

1. Diseases

Amoebic Dysentery	Ugonjwa wa kuharisha
Anemia	Ugonjwa uletwao na upungufu wa damu
Anthrax	Sotoka
Asthma	Pumu
Bacillary dysentery	Ugonjwa wa kuharisha damu
Bilharzia (Schistosomiasis)	Kichocho
Blister	Lengelenge(ma-)
Boil	Jipu(ma-)
Chicken pox	Tetewanga
Cholera	Kipindupindu
Cold (Common cold)	Mafua
Diabetes	Bolisukari (mkojo wa sukari)
Diarrhea	Tumbo la kuhara/la kuendesha
Diptheria	Ugonjwa wa koo ndani
Elephantiasis	Matende
Epilepsy	Kifafa
Eye disease	Ugonjwa wa macho
Fever	Homa
Gonorrhea	Kisonono (cha usaha)
Hemorrhoids	Bawasiri
Hookworm	Safura
Influenza	Mafua, homa
Intestinal disease	Ugonjwa wa tumbo
Leprosy	Ukoma
Lice	Chawa
Malaria	Homa ya malaria
Measles	Shurua, ukambi
Meningitis	Ugonjwa wa ngozi inayofunika ubongo
Mumps	Matumbwitumbwi
Plague	Tauni
Poliomyelitis	Ugonjwa wa kupooza
Pneumonia	Kichomi
Round Worm	Chango, michango
Rheumatism	Yakisi

Scabies	Upele
Sleeping Sickness	Malele
Small pox	Ndui
Sore	Kidonda(vi-), donda(ma-), jeraha
Sty (in eye)	Chokea
Syphilis	Kaswende, pangusa
Tape worm	Tegu
Tetanus	Pepo punda
Tick fever	Homa ya vipindi, homa ya papasi
Tuberculosis	Kifua kikuu
Typhoid Fever	Homa ya matumboni
Typhus	Homa kali
Ulcer	Donda(ma-), kidonda(vi-)
Wart	Chunjua
Whooping Cough	Kifaduru
Wound	Kidonda(vi-)
Yaws	Buba
Yellow Fever	Homa kali

2. Disease-Related Vocabulary

Abdominal pain	Maumivu ya tumbo
Abrasion	Mchubuko
Ache	-Umwa (na)
Backache	-Umwa na mgongo
Belch	-Piga mbweu
Give birth	-Zaa
Bleed	-Toka damu
Breathe	-Pumua
Inhale	-Vuta pumzi
Exhale	-Toa pumzi
Bruise	Jeraha
Be chilly, cold	-Sikia baridi
Be constipated	-Funga choo, (ku)-wa na taabu za choo
Cough	-Kohoa
Defecate	-Nya mavi
Have diarrhea	-Hara
Have blood in diarrhea	-Hara damu, -harisha damu
Disease	Ugonjwa
Be dizzy	-Sikia kizunguzungu
Be drowsy	-Legea, -choka
Faint	-Zimia
Be feverish	(Ku)-wa na homa kidogo
Gargle	-Sukutua
Pass gas	-Shuta
Headache	-Umwa na kichwa
Hiccup	-Piga kwikwi
Be hoarse	-Kaokwa na sauti
Be hot	-Sikia joto
Itch	-Washa
Miscarry	-Haribu mimba
Menstruate	-Toka damu ya mwezi, (ku)-wa na damu ya mwezi
Nasal discharge	Kamasi(ma-)
Nausea	Kichefuchefu
Be nauseated	-Chafuka na roho
Be numb	-fa ganzi
Pain	Maumivu
Patient	mgonjwa(wa-)
Pimples	Vipele
Get pregnant	-Pata mimba
Be pregnant	(Ku)-wa na mimba

Pus	Usaha
Rash	Upele
Saliva	Mate
Scratch (self)	-Jikuna
Sore throat	-Umwa na koo
Shock	Mshtuko
Be short of breath	-Pungukiwa pumzi
Sneeze	-Piga chafya
Spit	-Tema mate
Swallow	-Meza
Sweat	-Toka jasho
Swelling	Uvimbe
Throat discharge	Makohozi
Be tired	-Legea, -choka
Urinate	-Kojoa
Vomit	-Tapika
Yawn	-Enda miyao

3. Disabilities

Crippled person(s)	Kilema (vi-)
Dumb person (s)	Bubu(ma-); Bubwi(ma-)
One-eyed person(s)	Chongo
Person(s) who squint	Kengeza(ma-)
Person(s) who can't stand up because of old age	Kibiongo(vi-)
Toothless person(s)	Kibogoyo(vi-)
Person(s) who limp	Kuguu(vi-)
Hump-backed person(s)	Kijongo(vi-)
Arm amputee(s)	Kikono(vi-)
Blind person(s)	Kipofu(vi-)
Leg amputee(s)	Kiwete(vi-)
Deaf person(s)	Kiziwi(vi-)

BODY PARTS -- SEHEMU ZA MWILI*

Ankle - Kifundo(vi-) cha mguu: Mtu akiumia kwenye kifundo cha mguu hukawia kupona.

Arm - Mkono(mi-): Kikono hana mikono miwili.

Back - Mgongo(mi-): Mtu akioga hawezi kujisugua mgongo kwa urahisi.

Beard - Ndevu: Watu wengi siku hizi wanafuga ndevu.

Bladder - Kibofu(vi-): Kibofu hujaa mkojo kama mtu hajakojoa kwa muda mrefu.

Blood vessel (see vein)

Breast - Ziwa(ma-): Wanawake huwa na maziwa makubwa.

Cheek - Shavu(ma-): Mtoto mchanga akiwa na mashavu makubwa hupendeza.

Chest - Kifua(vi-): Mtu akifanya riadha ya kunyanyua uzito huwa na kifua kikubwa.

Chin - Kidevu(vi-): Kidevu cha mtoto huyu hakioti ndevu.

Ear - Sikio(ma-): Mtu akiwa anataka masikioni, huenda kwa daktari akapigwa bomba.

Eye - Kicho(ma-): Macho ya wanyama wa mwitu huwa makali.

Eyebrow - Nyusi: Mtu akinyoa nyusi hutisha, huwa kama nyani.

Eyelash - Ukope(kope): Kope hutoka kila mara, lakini huota nyingine, au kama si hivyo zingekwisha.

Face - Uso(ny-): Ziko nyuso namna kwa namna ulimwenguni.

Finger - Kidole(vi-): Mtoto huyu ana vidole virefu.

Foot (see Leg)

Forehead - Kipaji(vi-): Mtu mwenye kipaji kipana huambiwa ana akili.

Groin - Kinena(vi-): Alipopigwa mpira wa kinena alianguka akazimia.

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* Taken from Msamiati wa Kiswahili by S.H. Bualy (1977)

BODY PARTS

Hair - Nywele: Zamani watu walikuwa wakinyoa nywele, lakini siku hizi hukata.

Body hair - Malaika: Rafiki yangu alipoyanyoa malaika kifuani, aliwashwa sana.

Grey hair - Mvi: Siku hizi hata watoto wa umri mdogo hutoka mvi.

Hand (see Arm)

Heart - Moyo(mi-): Moyo ukisimama, mtu hufa.

Heel - Kisigino(vi-): Mtu akiumiza kisigino huwa hawezi kukikanyagia na kwenda vizuri.

Jaw - Taya(ma-): Wapigano makonde mara nyingi huvunjana taya.

Head - Kichwa(vi-): Kuna vichwa vya namna nyingi lakini hufikiriwa kuwa mwenye kichwa kikubwa ndiye mwenye akili zaidi.

Intestine - Uchango(chango): Mtu akiumwa na tumbo mara nyingine huzisikia chango zinanguruma.

Kidney - Figo(ma-): Mtu kama figo lake halifanyi kazi vizuri, huweza akatiwa jingine, yaani la mtu mwingine.

Leg - Mguu(mi-): Kiwete hana miguu miwili.

Lips - Mdomo(mi-): Mtu akipuliza, hupuliza kwa mdomo.

Liver - Ini(ma-): Watu hula sana maini ya ng'ombe kwa kuwa yanastawisha mwili.

Lung - Pafu(ma-): Mtu akivuta pumzi mapafu hupanuka na hewa kuingia ndani kote.

Mouth - Kinywa(vi-): Mtu akiwa na kinywa kikubwa huweza kula matonge makubwa ya chakula.

Navel - Kitovu(vi-): Watoto wakizaliwa hukatwa vitovu.

Neck - Shingo(ma-): Watu wakinunua mashati hupima unene wa shingo.

Nape of neck - Kisogo(vi-): Mtu akikupa kisogo huwezi kumwona uso wake.

Nipple - Chuchu: Mtoto akinyonya hutia chuchu za ziwa mdomoni.

Nose - Pua: Mafua yakiwa yameziba pua, pumzi hazivutiki vizuri.

Pupil - Mboni: Mboni za macho ya Wazungu wengine huwa rangi ya buluu.

Rib - Ubavu(mbavu): Mtu akikonda sana, mbavu zake huonekana.

Shoulder - Bega(ma-): Mzigo ukiwa mzito, watu wengine huuchukua begani.

Spleen - Wengu: Wengu limekaa mfano wa ini.

Stomach - Tumbo(ma-): Mtu akila sana vyakula vya unga, huwa na tumbo kubwa.

Thigh - Paja(ma-): Mtu akiwa na mapaja manene, hawezi kwenda vizuri.

Tongue - Ulimi(ndimi): Kuna usemi unaosema, "Ulimi hauna mfupa". Maana mtu husema lolote bila ya kizuizi.

Tooth - Jino(ma-): Mtu akiwa mzee sana huwa hana meno.

Molar tooth - Gego(ma-): Kama mtu hana magego hawezi kutafuna chakula kikawa laini.

Throat - Koo: Mwizi alimkamata koo mwenye nyumba akakaribia kumuua.

Vein - Mshipa(mi-) wa damu: Mtu akijikata na ikatoka damu, basi huwa amekata mshipa wa damu.

Waist - Kiuno(vi-): Mtu akiumwa na kiuno huwa hawezi kuinama.

PART III - AGRICULTURE

Introduction

Tanzania has a basically agrarian economy; industry only plays a subsidary role in national development policies. Most development efforts are aimed at increasing agricultural production so the country may eventually become self-sufficient. At this time, Tanzania does not produce enough food to feed its own population, but the government plans to eventually export agricultural products. The materials in this section have been selected to help prepare you for active involvement in Tanzania's agricultural development.

The articles in this section should be useful for learning general agricultural vocabulary. Two articles on tree crops -- papaya and oranges -- have been included, in addition to articles about two plant crops -- pineapple and onions. The materials in this part should also give you some idea about current farming techniques; all the information has been taken directly from recent government publications in Swahili. In addition, since you as a Peace Corps volunteer will be encouraged to initiate secondary projects in the community where you live, you may find that the articles have a more practical use. All the projects described are short-term; they can easily be completed in a two-year period, the length of most Peace Corps assignments.

In addition to articles on crop-farming, two articles describing animal husbandry projects have also been included. As pointed out in the article on nutrition in Part II of this volume, diseases due to protein deficiency are still a problem in Tanzania. For this reason, projects aimed at increasing the production of protein in individual communities may be one way in which you as a volunteer can work toward improving health conditions.

Because volunteers in fisheries and forestry have been specifically requested by Tanzania, two relevant vocabulary lists have also been included in this part: names of plants and trees (and their produce) and some names of salt-water and fresh water fish.

The last selection in Part III -- "The Coconut Tree" -- was included for a slightly different purpose. The coconut tree is an important part of Tanzanian life and an extensive vocabulary has been developed to deal with the product, uses and activities associated with the coconut tree. By learning this vocabulary you will be learning about an important agricultural product and you will be learning about an important aspect of Tanzanian culture.

ORANGE TREE FARMING*

Oranges originated in Asia. Now they are cultivated in most parts of the world, except where it is very cold. Oranges are well-known because they are fruits which have plenty of Vitamin C and also are very sweet.

1. Growing Seedlings:

An orange tree is grown from seeds. But because a plant like this bears poor quality fruits, it is necessary that they be budded with buds from an orange tree that bears good fruits.

A. Choose a place that:

1. Has fertile soil

2. Is near water

3. Has no clay

4. Has not been used as a garden before.

B. Arrange the planting beds to face an east-west direction. Dig the soil about 8 inches deep. Then break any to soften the soil.

C. Make planting beds of the same size; the width should be two feet and distance from one to the other should also be two feet. Make clear water channels between the planting beds.

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* This article was published by Ukulima wa Kisasa in Tanzania.

Chanzo au asili ya Machungwa ni huko Bara la Asia. Kwa sasa hivi matunda haya hulimwa katika sehemu nyingi hapa ulimwenguni isipokuwa sehemu zile zenye baridi nyingi sana. Machungwa hujulikana sana kwa ajili ni matunda yenye vitamini C ya kutosha na pia ina sukari nyingi.

1. Ukuzaji wa miche:

Mchungwa hukuzwa kutokana na mbegu. Lakini kwa vile mmea kama huu huzaa matunda hafifu ni lazima tupandapo shambani ibebeshwe vijicho (buds) vilivyotoka kwenye mchungwa unaozaa matunda yaliyo bora.

A. Chagua sehemu ambayo:

1. Yenye rutuba

2. Karibu na maji

3. Pasipo na udongo wa mfinyanzi

4. Ambapo hapajawahi kuwekwa kitalu.

B. Panga matuta kuelekea upande wa mashariki na magharibi; Chimbua udongo kiasi cha inchi nane kwenda chini. Halafu vunja mabonge ya udongo ili kulainisha udongo.

C. Tengeneza matuta yaliyo sawa kwa kipimo upana wa tuta uwe futi mbili na umbali toka tuta hadi lingine futi mbili; Tengeneza vizuri mifereji ya maji kati ya matuta.

1. Growing Seedlings: (continued)

D. Prepare and collect sand near the garden. Use a sieve to remove stones from the sand.

Spread the smooth sand onto the planting bed in lines.

Draw the lines ½ inches deep on the planting beds.

The space in between the lines should be three inches.

If the soil in the garden is hard, it is good to mix the soil well with sand and top-forest soil.

E. Plant the seeds which have been chosen in the prepared lines on the planting bed. The distance between seeds should be one inch. Remember that the seeds should be planted as soon as they are removed from the orange fruit. When seeds are dry, they do not grow well.

F. Bury the seed in smooth soil and then slowly press down the soil with a piece of wood. Cover the planting beds with dry grass that does not contain seeds. After spreading the grass, pour plenty of water onto the planting bed.

When the seeds have sprouted remove the grass that covered the planting bed. If the climate is hot, spread the grass between the lines of seeds so as to preserve water in the soil and also to stop weeds from growing quickly.

1. Ukuzaji wa miche: (yanaendelea)

D. Tayarisha mchanga na kukusanya karibu na kitalu; Tumia chekeche ili kuondoa mawe kwenye mchanga.

Tandaza mchanga ulio laini juu ya matuta kwa mistari.

Piga mistari yenye kina cha nusu inchi juu ya tuta.

Upana wa kutoka mstari hadi mstari mwingine uwe inchi tatu.

Kama udongo kwenye kitalu ni mgumu inafaa udongo uchanganywe vizuri na mchanga pamoja na udongo toka msituni, (top forest soil).

E. Panda mbegu za mlimao zilizochaguliwa kwenye mistari iliyotayarishwa juu ya tuta. Umbali toka mbegu nyingine uwe nchi moja. Kumbuka kwamba mbegu ipandwe mara moja baada ya kuondolewa kwenye tunda la chungwa. Mbegu zikikauka hazioti vizuri.

F. Fukia mbegu kwa udongo laini na kisha shindilia udongo polepole kwa ubao. Funika juu ya matuta na nyasi kavu zisizo na mbegu. Baada ya kutandaza nyasi mwagilia maji ya kutosha juu ya tuta.

Mbegu zikishaota ondoa nyasi ulizotandaza juu ya tuta. Kama hali ya hewa ni ya joto, tandaza nyasi hizo katikati ya mistari ili kuhifadhi maji kwenye udongo na pia kuzuia magugu yasiote haraka.

1. Growing Seedlings:

F. (continued)

After the seedlings have grown, you must be careful and look after them well by watering and spraying Malathion to prevent destructive insects like aphids. Also remember to remove all shoots or small branches that grow from the stalks of the seedling. When the seedling has reached the age of five months transfer it from the planting bed used for growing the seedlings. Choose only healthy seedlings and replant them at a distance of 1 by 1½ feet apart from each other.

1. Ukuzaji wa miche:

F. (yanaendelea)

Miche ikishaota inakupasa kuwa mwangalifu na kutunza vizuri kwa kumwagilia maji na kunyunyizia dawa ya Malathion kwa kuzuia wadudu waharibifu kama Aphids. Kumbuka vile vile kuondoa chipukizi au vitawi vyote vinavyotokea kwenye vikonyo vya miche. Miche ikishatimiza umri wa miezi mitano ihamishe kwenye matuta ya kukuzia miche. Chagua miche yenye afya tu na upandikize kwa umbali wa futi 1 x 1½.

1. Growing Seedlings: (continued)

G. Bud*the seedlings after five months at the start of the rains when they are as thick as a pencil. The buds must come from the branches of good orange trees. Tie the bud on to the seedling twelve inches from the ground. Tie it with Vinly Tape and leave as it is for about two or three weeks. Continue to spray Malathion twice a week for two months. After this, spray the insecticide once a week. Untie the tape after two or three weeks. See if the budding has been successful or not. If a green color is not on the bud and it does not adhere to the seedling, repeat budding on the same seedling. If the bud has adhered, break the seedling a little above the budded shoot, once it has about six leaves.

H. Two or three weeks after breaking the seedling, cut the broken place completely, once the shoot is four inches high or has five big leaves. Cut the seedling one inch away from the shoot and then paint it with enamel or tar paint where it has been cut to prevent rotting. Aerate the soil while the sprout continues to grow and water moderately. Set up a stake at every seedling so as to help them grow straight. Always remember to remove all shoots from the root stocks, previously called seedlings. These will be better seedlings and will be ready for planting out in the farm after five or six months.

*Graft

1. Ukuzaji wa miche: (yanaendelea)

G. Bebesha (Bud) miche baada ya miezi mitano mwanzoni mwa mvua wakati miche ikiwa na unene wa penseli. Vijicho (Buds) lazima vitoke kwenye matawi ya michungwa bora. Funga jicho (Bud) kwenye mche inchi kumi na mbili toka ardhini. Funga jicho (Bud) kwa utepe (Vinly Tape). Acha hivyo kwa muda wa wiki mbili au tatu. Endelea kunyunyizia dawa ya Malathion mara mbili kwa wiki mfululizo kwa muda wa miezi miwili. Baada ya hapo nyunyizia dawa mara moja kwa wiki. Fungua utepe baada ya wiki mbili au tatu. Angalia kama kazi ya kubebesha imefanyika vizuri au hapana. Iwapo rangi ya kijani haipo kwenye jicho na haikuambatana na mche, basi rudia tena kubebesha mahali pengine kwenye mche ule ule. Kama ikiwa jicho limeshashikamana, basi vunja mche kwa juu kidogo wakati chipukizi likiwa na majani kama sita.

H. Baada ya wiki mbili au tatu tokea kuvunjwa ule mche, kata kabisa sehemu ile iliyovunjwa chipukizi likishafikia urefu wa nchi nne au likiwa na majani matano makubwa. Kata mche inchi moja karibu na chipukizi kisha paka rangi ya aina ya enamel au Tar Paint katika sehemu iliyokatwa ili kuzuia usioze. Tifua udongo wakati chipukizi linapoendelea kukua na vile vile inakubidi kumwagilia maji kwa wastani. Simika mti katika kila mche ili kusaidia miche hiyo ikue katika hali ya kunyooka. Wakati wote huu kumbuka kuondoa vichipukizi kwenye mashina (root stocks) ambayo hapo awali ikiitwa miche. Miche hiyo itakuwa bora na itakuwa tayari kupandikizwa shambani baada ya miezi mitano au sita.

2. Planting seedlings out on level land:

On level land, orange trees must be planted in straight lines. On slopes, orange trees must be planted according to the contours of the land to prevent soil erosion. The planting space should be 6 by 7 meters between trees.

First stage:

When digging holes for the trees separate the lower and upper soils. Mix the upper soil with one tin (4 gallons) samadi (cow dung mixed with ash manure), or a certain measure of alkaline manure. Add about 1 ounce of a mixture of Sulphate of Ammonia and Double Superphosphate.

Second stage:

The holes for the trees should be two feet wide and two feet deep. After placing a seedling in a hole, cover the hole with only the upper soil that has been mixed with manure. Do not put the lower soil back in the pit. Plant the seedling at the same depth as in the replanting garden. Begin spreading the lower roots and do the same to the upper roots. Cover the hole and press down. Spread grass on top of it and pour water over it.

3. Different types of orange trees:

The following types of trees can be obtained from Kiieka Nursery, Morogoro:

1. Valencia 2. Binti Juma 3. Zanzibar 4. Navelancia
5. Matombo 6. Washington Navel.

2. Upandikizaji wa miche katika sehemu za tambarare:

Katika sehemu za tambarare michungwa lazima ipandwe kwa mistari iliyonyooka. Kwenye miinuko michungwa lazima ipandwe kwa kufuata matuta maalum (contours) ili kuzuia mmomonyoko wa ardhi. Nafasi ya kupanda ni meta 6 kwa meta 7.

Hatua ya Kwanza:

Wakati wa kuchimba shimo, tenganisha udongo wa chini na wa juu. Changanya udongo wa juu pamoja na debe moja la samadi au kiasi fulani cha mbolea chumvi chumvi. Tia kiasi cha wakia moja ya mchanganyiko wa Sulphate of Ammonia na Double Superphosphate.

Hatua ya Pili:

Shimo liwe na upana wa futi 2 na kina cha futi 2. Baada ya kuweka mche kwenye shimo, fukia shimo kwa udongo wa juu tu, ambao umechanganywa na mbolea. Usirudishie shimoni udongo wa chini. Panda mche kina kile kile kama ilivyokuwa katika bustani ya kupandikiza. Anza kutandaza mizizi ya chini na ufanye hivyo pia kwa mizizi ya juu. Fukia shimo na shindilia. Tandaza nyasi juu na kisha mwagilia maji.

3. Aina mbali mbali ya michungwa:

Hizi zifuatazo hupatikana Kireka Nursery Morogoro:

1. Valencia 2. Binti Juma 3. Zanzibar 4. Navelancia
5. Matombo 6. Washington Navel.

4. Care of orange trees:

When orange trees reach a height of three to four feet they should be topped so that the branches will spread nicely. Normally an orange tree does not need manure before it has borne fruits unless it was planted in a poor soil. When it begins to bear flowers, about two pounds of Sulphate of Ammonia is to be placed around every tree. During the hot season orange trees need to be watered once every two weeks in order to give plenty of big fruits. An orange tree is a plant that can grow anywhere where the temperature is not more than 100° F and not less than 20° F and normally it can flourish in any soil except clay. The amount of rain that is available is not very important if irrigation is possible. When watering, remember to surround every tree with a trough and pour water into it.

Orange trees bear fruits two or three years after being planted in the farm. There is then no need to prune the branches except for those that have dried. It is important to clear away grass often and also to uproot all weeds and to surround every tree with a "saucer" (clear open area around base of tree).

4. Utunzaji wa michungwa:

Michungwa ikifikia urefu wa futi 3 mpaka 4 ikatwe nchani (topping) ili paweze kupatikana matawi ambayo yataweza kuenea vizuri. Kwa kawaida mchungwa hauhitaji mbolea kabla ya kuzaa matunda, labda ikiwa umepandwa mahali pasipo na rutuba ya kutosha. Wakati ukishaanza kutoa maua, kiasi cha ratili mbili ya suphate of ammonia huwekwa kila mti. Wakati wa kiangazi michungwa inahitaji kumwagiliwa maji mara moja kwa kila wiki mbili ili upate matunda makubwa na mengi. Mchungwa ni mmea ambao hukua popote pale ambapo joto lake halizidi 100° F na wala halipungui 20° F na kwa kawaida huweza kustawi kwenye udongo wowote ule isipokuwa udongo wa mfinyanzi. Kiasi cha mvua kinachopatikana si muhimu sana ikiwa kama kuna uwezekano wa kumwagilia maji shambani. Wakati wa kumwagilia maji hakikisha kwamba umeweka shimo (trough) kuzunguka kila mti na maji yamwagiliwe sehemu hiyo.

Michungwa hutoa matunda baada ya miaka 2 au 3 toka kupandwa shambani. Hakuna haja ya kupunguza matawi (prun) isipokuwa yale yaliyokuwa yamekauka. Jambo lililo muhimu ni kufyeka majani mwenye shamba lako mara kwa mara na vile vile lazima kung'oa majani yote na kufanya 'kisahani' kuuzunguka kila mti.

1. Soil and Climate:

Onions are a well-known crop in the vegetable family. Here in Tanzania onions are cultivated in many provinces, but they are only cultivated in large quantities in the provinces of Kilimanjaro, Arusha, Dodoma, Tanga, Morogoro and Tabora.

Onions grow best in rich, fertile soil, and also in light soil that allows water to pass easily. Soil of the clay type is not suitable at all for cultivating onions because it dries up and becomes hard, so making the onions stunted.

Onions need cool weather when they are young, and warmer weather when they begin to mature. Here in Tanzania onions are cultivated in large quantities at altitudes of 2,500 feet to 5,000 above sea level. When onions are cultivated below 2,500 feet or above 5,000 feet above sea-level, their cultivation entails too great an expense. Severe cold makes the onions bear flowers before they are matured.

Healthy development of different types of onions depends on the place and the climate. For example, a disease which drys up the roots of onion seedlings occurs in places where there is humidity and a lot of rain.

1. Ardhi na Hali ya Hewa:

Vitunguu ni zao mojawapo, katika jamii ya mboga, lililo maarufu sana ulimwenguni. Hapa Tanzania mikoa mingi hulima vitunguu; lakini vitunguu hulimwa kwa wingi katika mikoa ya Kilimanjaro, Arusha, Dodoma, Tanga, Morogoro na Tabora.

Vitunguu hustawi vizuri katika udongo wenye rutuba na mbolea nyingi; pia udongo laini ambao hupitisha maji kwa urahisi. Lakini udongo wa aina ya mfinyazi haufai kwa kupanda vitunguu, kwa sababu, hukauka na kuwa ngumu sana, na huvifanya vitunguu vidumae.

Vitunguu huhitaji hali ya baridi kidogo wakati vikiwa vichanga, na hali ya joto vinapoanza kukomaa. Hapa Tanzania vitunguu hulimwa kwa wingi katika urefu wa futi 2,500 hadi futi 5,000 toka usawa wa bahari. Vitunguu vikipandwa katika sehemu ambazo urefu wake ni chini ya futi 2,500 au juu zaidi ya futi 5,000 toka usawa wa bahari, vinahitaji gharama kubwa kuvistawisha. Baridi kali huvifanya vitunguu kutoa maua kabla havijakomaa.

Kustawi kwa aina mbali mbali za vitunguu hutegemea mahali na hali ya hewa. Kwa mfano ugonjwa wa kunyauka mashina ya miche ya vitunguu hutokea katika sehemu zilizo na unyevu na mvua nyingi.

2. Preparing a Seed Garden:

Preparing a seed garden needs great care. First aerate the soil by stirring and making it soft, then make flat-topped raised beds that have a width of three feet; this will make the job of planting seeds and clearing the ground simpler.

Plant the seeds in rows 3 feet to 4 feet away from one another, and bury them about one inch deep into the soil. If you are planting seeds when it is hot, it is better to cover the onion beds with grass that has been cut into pieces. When the seeds have begun to grow, remove the grass. If you do not remove it early, the seedlings will get a disease which dries the shoots called "wilt".

If the seeds you plant are good, two to four pounds will be enough to provide seedlings which can be planted in an acre plot.

3. Onion Seeds:

Onion seeds are small, having dark brown or black color. One ounce of onion seeds may have 7,000 to 8,000 grains. Seeds left unplanted for a period of one year will spoil. And if they are planted, they will not grow. Therefore, you should always plant new seeds. Before planting the seeds, take a few and test their ability to grow. Do this test as follows:

Put water in a plate, then put about 100 seeds in a blotting paper, and put this paper in the plate with water. After 4 or 5 days, if 80 out of 100 seeds grow, then the growth potential of your seeds is good.

2. Kutayarisha Bustani ya Mbegu:

Uchaguzi wa bustani ya mbegu unahitaji uangalifu mkubwa. Kwanza tifua udongo na kuufanya uwe laini, kisha utengeneze matuta bapa yenye upana wa futi 3 kurahisisha kazi ya kupanda mbegu na kupalilia.

Panda mbegu katika mistari iliyo na umbali wa inchi 3 hadi 4 toka mstari mmoja hadi mwingine, na zifukie kadiri ya inchi moja ndani ya udongo. Iwapo utaziparda mbegu hizi wakati wa joto kali, basi ni heri kufunika matuta hayo kwa nyasi zilizokatwakatwa vizuri. Mbegu zikiisha ota ziondoe nyasi hizo bila kuchelewa. Kama hutaziondoa mapema, miche itapatwa na ugonjwa wa kunyauka mashina uitwao "Wilt".

Iwapo mbegu unazopanda ni nzuri, ratili 2 hadi 4 zinatosha kabisa kutoa miche ya kupanda katika shamba la eka moja.

3. Mbegu za Vitunguu:

Mbegu za vitunguu ni ndogo; zenye rangi ya hudhurungi au nyeusi. Wakia moja ya mbegu za vitunguu inaweza kuwa na punje 7,000 hadi 8,000. Mbegu zikiachwa kupandwa kwa muda wa mwaka mmoja huharibika. Laiti zikipandwa hazitaota. Kwa hiyo, panda mbegu mpya kila mara. Kabla ya kupanda mbegu, chukua kiasi kidogo cha mbegu uzijaribu uwezo wake wa kuota. Majaribio hayo yafanye kama ifuatayo:

Tia maji katika kisahani, kisha weka kiasi cha mbegu 100 katika karatasi ya kukaushia wino, iweke karatasi hiyo juu ya kisahani kilicho na maji. Baada ya siku 4 au 5, kama mbegu 80 kati ya hizo 100 zimeota, basi uotaji wa mbegu zako ni nzuri sana.

4. Replanting:

Before you uproot the seedlings for replanting (especially in the hot season) you must pour a lot of water onto the bed which holds the seedlings, and also onto the ground in which you are going to replant the seedlings.

Uproot the seedlings carefully from the garden, but remember to uproot only healthy seedlings. The important thing to remember at the time of replanting is that you should plant the seedlings in holes that have the same depth as those that were in the seedling garden. If you plant too shallowly the plants will be late in producing onions. However, the depth for replanting seedlings should not exceed one-fourth or one-half inch.

Often the seedlings dry up and die after replanting, but return to normal after one or two days. If there is no rain it's important to pour enough water over the seedlings as soon as they have been replanted.

Trim leaves and roots to simplify the work of replanting. The roots should be left with a length of one inch.

5. Replanting Space:

Replant onions in flat raised beds to simplify the task of watering and weeding. The type of bed which is preferred in the country has a length of 18 feet and a width of 10 inches. Onions of the Hybrid Tropicana type should be planted in rows 9 inches apart with 6 inches left between the seedlings. By using these measurements you can plant 116,160 seedlings in one acre. If you plant Bombay Red, leave a space of one foot between rows and 8 inches between the seedlings. You will need 65,340 seedlings for one acre.

4. Kupandikiza:

Kabla hujaanza kung'oa miche ya kupandikiza, (hasa wakati wa kiangazi) inakulazimu umwagilie maji kwa wingi katika tuta la miche, na pia katika shamba utakalopandikiza.

Ing'oe miche kwa uangalifu sana toka bustanini. Lakini ng'oa miche iliyo na afya nzuri tu. Jambo la kukumbuka wakati wa kupandikiza ni kwamba miche uipandikize ndani ya mashimo yenye kina kama vile miche ilivyokuwa ndani ya bustani. Ukipandikiza chini sana mimea itachelewa sana kutengeneza vitunguu. Kina cha kupandikiza miche kisizidi robo ama nusu inchi.

Mara nyingi miche ukiisha ipandikiza hunyauka na kuanguka, lakini hurudia hali ya kawaida baada ya siku moja ama mbili. Kama hakuna mvua, basi mara tu siku moja ama mbili. Kama hakuna mvua, basi mara tu baada ya kupanda ni lazima umwagilie maji ya kutosha.

Ili kurahisisha upandikizaji wa miche, punguza majani na mizizi yake. Mizizi ibakize urefu wa inchi moja.

5. Nafasi ya Kupandikiza:

Pandikiza vitunguu juu ya matuta yaliyo bapa ili urahisishe umwagiliaji maji na kupalilia. Aina ya matuta inayopendelewa hapa nchini ni yenye urefu wa futi 18 (hatua 6) na upana wa futi tatu (hatua moja) hadi futi 5 na kimo cha inchi 10. Vitunguu vya aina ya Hybrid Tropicana vipande kwa nafasi ya inchi 9 toka mstari hadi mstari na inchi 6 toka mche hadi mche. Kwa kutumia vipimo hivyo utapanda miche 116,160 katika eka moja. Kama utapanda Bombay Red acha nafasi ya futi moja toka mstari hadi mstari na inchi 8 kati ya mche hadi mche. Utahitaji miche 65,340 katika eka moja.

6. Planting and Replanting:

Here in Tanzania, it is difficult to define an exact time that is suitable in all parts of the country for planting seeds or replanting seedlings. This is because of the difference in environment in each part of the country. For this reason you should see your Bwana Shamba to advise you on a good time for planting.

Onions can grow in different climates but after replanting, they prefer cool weather so that the seedlings can establish themselves in the ground before continuing to grow and mature. If you plant the seeds during the hot season, you must water them everyday and if possible give them shade for a while to stop the soil from drying up, and also to block strong sun rays.

In times of heavy rainfall do not replant the seedlings until the rains have decreased. A lot of moisture from rain can harm your seedlings a lot before it is time for replanting.

Do not replant seedlings that have already started to form onions underground because they cannot bear big onions. Similarly do not replant seedlings which are too small, because they will not mature quickly. Seedlings that are 9 inches high and as thick as a pencil are suitable to replant. Normally onion seedlings reach the required height and thickness 8 to 10 weeks after planting.

6. Kupanda na Kupandikiza:

Hapa Tanzania ni vigumu kueleza wakati maalum unaofaa kufuatwa katika sehemu zote nchini, katika kupanda mbegu au katika kupandikiza miche. Hii ni kwa sababu ya tofauti ya mazingara katika kila sehemu ya nchini. Hivyo yafaa umwone Bwana Shamba wako ili akushauri.

Vitunguu vinaweza kustawi katika hali mbali mbali; lakini baada ya kupandikiza vinapendelea zaidi hali ya baridi kidogo, ili miche iweze kujiimarisha ardhini kabla ya kuendelea kustawi na kukomaa. Ukipanda mbegu wakati wa jua kali ni sharti umwagilie maji kila siku, na ikiwezekana uziwekee kivuli cha muda ili kuzuia udongo usikauke na pia kuzuia mwanga mkali wa jua.

Katika sehemu zenye mvua nyingi, usipandikize miche mpaka mvua zimepungua. Unyevu mwingi unaotokana na mvua unaweza kuidhuru sana miche yako.

Miche ambayo imekwisha kuanza kuweka vitunguu chini usiipandikize kwa sababu haiwezi kuzaa vitunguu vikubwa. Vile vile miche midogo sana usiipandikize kwa sababu haiwezi kukomaa upesi. Miche yenye urefu wa inchi 9 na unene wa sawa na kalamu ya risasi (penseli), ndiyo hasa inayofaa kupandikizwa. Kwa kawaida miche ya vitunguu hufikia ukubwa na unene unaotakiwa baada ya wiki 8 hadi 10 toka siku uliyopanda mbegu.

7. Rotating Crops:

It is best to rotate crops in a farm every season. Planting onions in one area for a long time can deplete the soil to a point such that the area will not support crops for a long time.

Onions need a lot of nutrients in the soil; therefore do not plant this crop after harvesting crops of the onion or cabbage family.

8. Watering:

Onions need only water to grow. Therefore, you can cultivate onions through a whole season without difficulty. Sandy soil needs more water than other types of soil, but you should reduce the amount of water you are using when the onions begin to mature. If there is too much moisture in the soil, when the onions begin to mature, it is better to leave them awhile (without watering them) so their growth rate will not diminish.

It is not good to over-water onions or to leave the soil without aerating it. Constant change in the amount of moisture in an onion plot, especially when the onions are maturing, can result in a lower harvest, or the onions bursting.

If possible, plant the seedlings so that they will mature during the hot season.

7. Kubadilisha Mazao:

Ni bora zaidi kubadilisha mazao katika shamba kila msimu. Kupanda vitunguu katika shamba moja kwa muda mrefu, kunaweza kuleta maradhi ardhini mpaka kufikia kiasi ambacho shamba halitakuwa na faida kwa muda mrefu unaofuata.

Vitunguu hutumia chakula kingi ardhini, hivyo usipande zao hilo baada ya kuvuna mazao ya jamii ya vitunguu au kabichi.

8. Kumwagilia Maji:

Vitunguu vinaweza kukuzwa kwa kumwagilia maji. Kwa njia hiyo unaweza kustawisha vitunguu katika msimu mzima bila hitilafu.

Udongo wa kichanga unahitaji maji mengi kuliko udongo wa aina nyingine. Vitunguu vinapoanza kukomaa, punguza kiasi cha maji unayomwagilia. Unyevu ukizidi sana ndani ya shamba vitunguu vinaweza kuhifadhiwa kupungua sana.

Si vizuri kutia maji mengi kupita kiasi katika shamba la vitunguu, wala kuliacha shamba bila kutifulia. Mabadiliko ya mara kwa mara ya kiasi cha unyevu ndani ya shamba la vitunguu, hasa wakati vinapoanza kukomaa, husababisha uhaba wa mavuno au vitunguu kupasuka.

Ikiwezekana, panda miche kwa wakati ambao vitunguu hukomaa wakati wa kiangazi.

9. Harvesting:

Start harvesting when the leaves shrink, dry up and break. Normally the tips of the leaves have a green color. Because onions do not all mature at the same time, many farmers uproot only the onions which have matured, leaving those that have not matured until later.

It is important to harvest onions when they are well-matured. If you harvest them early, they will not last for very long before rotting.

Before storing or selling your onions, they must be adequately dried. If not, they will rot in storage. Do not lay onions to dry in malundo, because they will not dry adequately.

Normally you should dry onions for a period of one to three weeks, but even then it will depend on the climate where you are.

9. Kuvuna:

Anza kuvuna vitunguu wakati majani yanaponyauka na kukauka na hatimaye kuvunjika. Kwa kawaida ncha za majani huwa na rangi ya kijani. Kwa kuwa vitunguu haviwezi kukomaa vyote kwa mara moja, wakulima wengi hung'oa vitunguu vilivyokomaa na kuacha vile ambavyo havijakomaa.

Ni jambo la maana sana kuvuna vitunguu vikisha kukomaa sawa sawa. Ukivuna vitunguu kabla havijakomaa, haviwezi kudumu kwa muda mrefu bila kuoza.

Kabla hujaviweka vitunguu vyako katika ghala au kuviuza, lazima kwanza vikauke bara bara. Kama havikukauka vizuri vitaozea ghalani. Usipendelee kuanika vitunguu katika malundo, kwa kuwa haviwezi kukauka vizuri.

Kwa kawaida, vikaushe vitunguu kwa muda wa wiki moja hadi tatu, lakini hata hivyo itategemea hali ya hewa ya mahali unapoishi.

PAPAYA TREES

1. Introduction*:

Papaya trees bear many fruits in a short period of time. These fruits are sweet and very popular. For good health, these fruits give strength to the body and protect it from many diseases, for example, eye diseases, bleeding of gums and the like.

The white sap that comes out of papaya trees is used to tenderize meat and also to purify beer. The young leaves of papaya trees are used as vegetables.

2. Climatic Conditions and Soil Suitable for Papaya Trees:

Papaya trees flourish anywhere in hot countries. Here in Tanzania papaya trees grow from sea level to 4,500 feet in altitude, but for a good yield it is better to grow them under 3,000 feet. 60-80 inches of rain a year is appropriate. Severe cold and humidity make papaya trees grow slowly and the papayas are not sweet.

Soil which is suitable for papaya trees is that which is deep and fertile, and a little humid; very damp soil is not good for papaya trees.

*This is a Tanzanian Government Publication

1. Utangulizi:

Mipapai hutoa matunda mengi katika muda mfupi. Matunda haya ni matamu na hupendelewa sana. Kwa afya bora, matunda haya huleta nguvu mwilini pamoja na kulinda mwili kutokana na maradhi, kwa mfano magonjwa ya macho, ugonjwa wa kutokwa na damu katika fizi za meno na kadhalika.

Pia utomvu mweupe utokao katika mipapai hutumiwa kulainisha nyama hata kuweka pombe (beer) katika hali ya usafi. Majani machanga ya mipapai hutumika kama mboga.

2. Hali ya Hewa na Ardhi Zifaazo kwa Mipapai:

Mipapai hustawi po pote katika nchi za joto. Hapa Tanzania mipapai inaweza kustawi toka usawa wa bahari mpaka kilele cha futi 4,500, lakini kwa mazao mazuri panda mipapai toka usawa wa bahari hadi kilele cha futi 3,000. Mvua inayofaa ni kiasi cha inchi 60 mpaka 80 kwa mwaka. Baridi kali na unyevunyevu wa usiku huchelewesha mipapai kukomaa pia mapapai hayo huwa si matamu.

Ardhi ifaayo kwa mipapai ni ile yenye udongo wa rutuba, kina kirefu na unyevunyevu, ardhi inayojaa maji haifai kwa mipapai.

3. Good Planting:

Clean the area which you need to plant the papaya trees and remove all weeds. Dig a pit 2 feet wide, 2 feet long and 2 feet deep. The pit should be 6-10 feet away from any tree roots.

Leave these pits open for a few months before planting. Clean the papaya seeds in a strainer under trickling water so that the outer skin of the seeds comes off. Then soak the seeds in water for a few days to help them grow fast. Plant the seeds when the long rains start. Plant these seeds in raised beds for sprouting seeds, or tins or bags with holes. In the tins plant 4 seeds and then reduce them to leave one seedling later. Shade the seedlings, but afterwards reduce the amount of shade to get them used to the conditions on the farm before replanting them. Replant the seedlings when they are 6 inches tall. Before replanting remove the big leaves.

If possible replant the seedlings when it is cloudy. Shade the replanted seedlings and water them morning and evening until they have taken hold.

3. Upandaji Bora:

Safisha shamba unalohitaji kupanda mipapai na ondoa kwekwe zote. Chimba shimo upana futi mbili, urefu futi mbili na futi mbili kina. Kutoka shina pima umbali wa futi 6 mpaka 10.

Acha mashimo hayo wazi kwa miezi michache kabla ya kupanda. Safisha mbegu za mipapai kwa kuzisugua katika chujio chini ya maji yanayotirika ili kuondoa ganda la nje la mbegu. Loweka kwanza mbegu kwenye maji kwa siku chache kusudi ziote upesi. Panda mbegu wakati masika yanapoanza. Panda mbegu hizi katika matuta ya kuatikia mbegu, makopo au kwenye mifuko iliyotobolewa. Katika makopo panda mbegu 4 halafu zipunguze kuacha mche mmoja baadaye. Iwekee kivuli miche hiyo, lakini punguza kivuli hiki kidogo kidogo ili kuzoesha mimea hali ya shambani kabla ya kupandikiza. Pandikiza miche shambani ikiwa na urefu wa inchi 6, kabla ya kupandikiza miche, ondoa yale majani makubwa.

Ikiwezekana pandikiza miche hiyo yakiwepo mawingu. Iwekee kivuli miche iliyopandikizwa na asubuhi na jioni kila siku mwagilia maji mpaka miche imeshika.

4. Manure:

In poor soil, mix the soil with samadi (cow-dung ash manure) and then fill half the pit. Leave the pit open for a few months before planting. In a good soil use the manure only for spreading on top.

5. Care:

Clean the plot carefully so that the roots below the surface are not damaged. Spread manure or grass on the plot, but these should not touch the base of the trees. If you like you can plant vegetables in between the trees during the first six months. Later if the soil is damp enough, plant any crop which will cover the soil like beans, such as "Velvet beans."

A papaya tree will begin to bear fruits not later than one year after planting. Cut back the fruits, leaving only one papaya in every knot. A papaya tree can bear 30-150 papayas, but after three or four years, they become smaller and grow very high in the tree. To get a better yield, and to discourage the tree from bearing the fruits very high up, uproot them and plant other trees. Pick the papayas soon as they begin to turn yellow.

4. Mbolea:

Katika udongo usio na rutuba changanya samadi na udongo wa juu halafu jaza nusu ya shimo. Liache shimo wazi kwa miezi michache kabla ya kupanda. Kwenye udongo wenye rutuba tumia samadi kwa kutandaza tu.

5. Utunzaji:

Palilia shamba kwa uangalifu ili mashina yasiharibike chini. Tandaza samadi au nyasi shambani lakini zisiguse mashina ya mipapai. Kwa miezi sita ya kwanza, ukipenda panda mboga katika nafasi kati ya mipapai. Baadaye kama udongo una maji ya kutosha panda zao lo lote lenye kufunika udongo kama vile maharage "Velvet beans".

Mpapai huanza kutoa matunda katika muda usiozidi mwaka toka wakati wa kupandwa. Punguza na kuacha papai moja tu kwa kila kifundo. Mpapai huweza kutoa mapapai 30 hadi 150, lakini baada ya miaka mitatu au minne mpapai huwa madogo tena huwa juu sana kwenye mti. Ili kupata mazao bora na kuuwezesha mpapai usizae matunda yake juu sana, ng'oa na panda miti mingine. Chuma mapapai mara tu yakianza kupata rangi ya manjano.

PINEAPPLE

1. Introduction*:

Pineapple is a very sweet fruit. It is good for the body in the same way as oranges. Pineapple is used for juice after being squeezed. This drink will give a person an appetite. Pineapple has sugar and vitamins together with something that helps in digesting meat and other protein foods.

2. Climate Condition and Soil Suitable for the Pineapple:

Pineapple grows best from the sea-level up to 6,500 feet altitude.

Thirty inches of rain a year is enough for their growth. Pineapples like deep rich soil without weeds. The soil should not be soaking wet because if there is too much water the roots of the pineapple will be destroyed. If there is a lot of water, plant the pineapples on a raised bed of earth and then dig furrows for draining the excess water.

*This is a Tanzanian Government Publication.

1. Utangulizi:

Nanasi ni tunda tamu sana. Manufaa yake kwa mwili ni kama yale ya machungwa. Nanasi hutumika kama kinywaji baada ya kukamuliwa. Kinywaji hiki humtia mtu tamaa ya kula. Nanasi ina sukari na vitamini pamoja na kitu kingine ambacho husaidia kuyeyusha nyama na vyakula vingine vya protini tayari kuchukuliwa na damu mwilini.

2. Hali ya Hewa na Ardhi Zifaazo kwa Nanasi:

Nanasi husitawi vizuri kutoka usawa wa bahari mpaka kilele cha futi 6,500.

Mvua ya inchi 30 kwa mwaka inatosha kwa ustawishaji wa nanasi. Nanasi hupendelea udongo wenye rutuba, usio na magugu tena wenye kina kirefu. Udongo usiwe unajaa maji kwa vile maji yakizidi huharibu mizizi ya nanasi. Kama kuna maji mengi otesha nanasi kwenye matuta yaliyoinuliwa halafu kata mifereji ya kupunguza maji yanayozidi.

3. Good Planting:

Clean the plot and remove all weeds. Dig deeply to get the plot ready for planting. When digging, mix manure with the soil. Then prepare the pineapple seeds. Different seeds are: shoots which come from underground (ratoons), shoots from the stem (slips) and shoots from the fruit (crown suckers). For better crops, use crown suckers. Prepare them by removing them from the pineapple and then drying them in the sun for a period of 14 days before planting. Plant them in a nursery or in the plot. In the plot they should be planted in rows two feet apart with one foot left between the plants in each row. If planted in raised beds these beds should be three feet apart.

4. Manure:

Add supersulphate manure before planting. After planting, add sulphate of ammonia, according to the advice of the "Bwana Shamba".

3. Upandaji Bora:

Safisha shamba na kuondoa kwekwe zote. Lima shamba kwa kina kirefu tayari kwa kupanda. Wakati unapolima changanya mbolea katika udongo. Tayarisha mbegu ya nanasi. Mbegu nazo ni kama: vichipukizi vitokavyo chini (ratoons), vichipukizi vya shina (slips) na vichipukizi vya tunda (crown suckers). Tumia vichipukizi vya tunda kwa mazao bora. Tayarisha vichipukizi hivi kwa kuvitoa kwenye nanasi. Vianike juani kwa siku 14 kabla ya kupanda. Panda vichipukizi hivi katika kitalu au shambani. Nafasi kati ya mimea shambani. Pima futi moja kati ya mmea hadi mwingine, kutoka mstari mpaka mstari wa pili pima roti mbili. Nafasi kati ya tuta pima futi tatu.

4. Mbolea:

Weka mbolea ya aina ya supersulphate kabla ya kupanda. Baada ya kupanda ongeza mbolea ya chumvi chumvi (Sulphate of Ammonia) kufuatana na atakavyokushauri Bwana Shamba.

5. Weeding:

Clean away grass and weeds around the trees by using a "jembe" (Native hoe: flat pear-shaped piece of hammered iron with a spike) but do not dig too much or you may harm the roots.

6. Enemies of the Pineapple

Insects like pineapple mealy bugs attack the pineapple. To avoid them use 50% Malathion. There are not many pineapple diseases. A disease that often occurs is one which the skin gets scorched by the sun. Stop this disease by shading the plants.

7. Pruning

Prune all small shoots on the pineapple plant. Leave buds; these will bear fruit later.

8. Harvesting:

Start harvesting 12 - 18 months after replanting, or 15 - 24 months after planting the seeds. Use a sharp knife when cutting the pineapple.

5. Palizi:

Palilia shamba kwa kutumia jembe lakini usichimbe sana utaharibu mizizi.

6. Maadui wa Nanasi:

Wadudu kama 'Pineapple mealy bug' hushambulia nanasi. Kuepukana nao tumia dawa ya 50% Malathion. Maradhi ya nanasi siyo mengi ila ugonjwa unaotokea mara kwa mara ni kubabuliwa na jua. Zuia ugonjwa huo kwa kutumia kivuli.

7. Upunguzaji:

Punguza vichipukizi vyote vidogo. Acha machipukizi makubwa, haya yatatoa matunda wakati ujao.

8. Uvunaji:

Anza kuvuna baada ya miezi 12 - 18 baada ya kupandikiza au vuna nanasi miezi 15 - 24 baada ya kupanda. Tumia kisu kikali unapokata nanasi.

1. History of the Rabbit

By nature, rabbits are animals of the forest, as many of our traditional stories illustrate. Rabbit has been well known in Mediterranean countries for the past 2,000 years. But now it is time to give thought to domesticating rabbits as one way to increase protein food and Tanzanian economy.

There are many breeds of rabbits which can be raised to satisfy daily needs for meat. For example, rabbits of the following types are adequate: New Zealand white, Flemish giant, Beveren, Chinchilla and Chinchilla giant, also a mixture of these types and other types, provide a lot of meat.

SUNGURA*

1. Historia Ya Sungura

Kwa asili, sungura ni wanyama wa porini, kama hadithi zetu nyingi zinavyotusimulia. Sungura amejulikana sana katika nchi za Mediteraneo kwa muda wa miaka 2,000 hivi iliyopita. Lakini sasa ni wakati wa kufikiria kufuga sungura kama njia mojawapo ya kuongeza vyakula vya protini pamoja na uchumi wa Tanzania.

Kuna aina nyingi za sungura zinazofaa ufuge kwa ajili ya mahitaji ya lazima, kama nyama. Kwa mfano, sungura wa aina ya New Zealand White, Flemish Giant, Beveren, Chinchilla na Chinchilla Giant; pia mchanganyiko wa aina hizi na aina nyingine za sungura, hutoa nyama nyingi.

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* Taken from Sungura: Ukulima wa Kisasa Kimeankikwa na F.M. Mahendeka, N.D.R., Kimechapwa kwa Idhini ya wizara ya Kilimo, Tanzania.

2. Food

Give rabbits good food, so that they grow fast and have a lot of flesh on the body. Not only that, good food gives the rabbit strength to fight off disease, to bear more children in a year, and to grow fast.

Rabbits can live on raw food alone, not eating any other kind of food. The following are some foods to feed rabbits: Carrots, cooked potatoes, cabbage, maize grains, dry grass, grain chaff, pigeon peas, potato leaves, ripe bananas, cotton scraps, peanut shells, cooked rice, fresh leaves and kale cabbage.

You must add about .5% soft salt when you give food in the form of flour, like maize and pigeon peas. Reduce the expense of buying these foods by growing them yourself.

Use one method for feeding the rabbits everyday. If you must change the food or feeding time, do it slowly and over a period of time like three or more days.

Give plenty of food to rabbits that are under six months of age. Also rabbits that are nursing need more food, so they can get enough milk to feed their babies.

2. Chakula

Wape sungura chakula bora, ili waweze kukua upesi na kuwa na nyama nyingi mwilini. Isitoshe, chakula bora kinamfanya sungura awe na nguvu za kujikinga na maradhi, kumwezesha sungura kuzaa watoto wengi zaidi kwa mwaka mmoja, na sungura wachanga kukua upesi.

Sungura wanaweza kuishi kwa kula vyakula vibichi tu bila ya vyakula vya aina nyingine. Lakini vifuatavyo ni baadhi ya vyakula vya kuwalisha sungura: Karoti; viazi vilivyopikwa; kabiji; punje za mahindi; nyasi kavu; pumba; njegere; majani ya viazi; ndizi zilizoiva; mashudu ya pamba; mashudu ya karanga; ukoko; majani mabichi na kale.

Vyakula unavyowalisha katika hali ya unga, kama vile mahindi na njegere, inakulazimu kuongeza chumvi laini kiasi cha pariseni .5. Punguza gharama ya kuvinunua vyakula hivyo kwa kuvistawisha mwenyewe.

Fuata mpango mmoja tu wa kulisha sungura kila siku. Ikibidi kubadilisha chakula au wakati wa kulisha, fanya kwa utaratibu na kwa muda mrefu kama siku tatu au zaidi.

Kwa jumla, sungura walio chini ya umri wa miezi sita wape chakula cha kutosha. Sungura wanaonyonyesha wanahitaji chakula kingi, ili kuweza kutoa maziwa ya kutosha kuwalisha watoto wao.

3. Raising Rabbits

Age of Reproduction. Male and female rabbits reach a mature age at about the same time. On an average, eight months is a suitable age for your rabbits to start reproducing. When they reach this age mate all the females.

Mating. Every time you want to mate rabbits, first examine their external genitals, to see that there are no signs of infectious diseases. A rabbit that is ready to be mated will show signs of restlessness; that is, he will rub his chin on the water trough or the wall of the cage, and try to join the rabbits in the neighboring cage.

If you see these signs, take the female to the male hutch (not male to female hutch because they will fight, or the male will refuse to mate). Very often the female will be mated as soon as she arrives at the hutch. The way to know if she has been mated is if she falls to the male, as a duck does, and perhaps either she or the male will scream (at the same time). Once the female rabbit has been mated take her quickly out of the hutch. The female rabbit that has been mated and has become pregnant will refuse to mate again. When the male comes near her she will run and scream.

3. Ufugaji wa Sungura

Umri wa Kuzaa. Sungura dume na jike hufikia umri wa kuzaa, karibu wakati mmoja. Kwa wastani, miezi minane ni umri unaofaa kuanza kuzalisha sungura wako. Watimiapo umri huo, wapandishe majike wote.

Kupandisha. Kila mara unapotaka kupandisha sungura, kwanza wakague sehemu za nje za uzazi, ili kuona kwamba hazina dalili ya maradhi ya kuambukiza. Sungura aliye tayari kupandwa ataonyesha dalili za kutotulia, yaani atasugua kidevu chake kwenye kihori au ukuta wa kirimba, na kujaribu kujiunga na sungura aliye katika kirimba cha jirani.

Ukiona dalili hizi, mpeleke jike katika kirimba cha dume (siyo dume katika kirimba cha jike - kwani watapigana au dume atakataa kumpanda jike). Mara nyingi jike hupandwa mara tu afikapo kirimbani. Alama anayoonyesha kwamba, jike kapandwa ni kuanguka kwa dume, kama afanyavyo bata, na pengine dume au jike au wote wawili hupiga kelele wakati ule ule. Sungura jike akiisha pandwa mtoe haraka. Sungura jike aliyepandwa na kushika mimba hatakubali tena kupandwa. Dume akimkaribia atakimbia na kupiga kelele.

Gestation Period (Length of Pregnancy). The gestation period for rabbits averages about 30 days. However, it could be earlier, like 28 days or later, like 32 days. It is very seldom for a rabbit to give birth before or after this length of time. If she is cared for and fed properly, she can give birth four or more times a year.

Giving Birth. A few days before giving birth, a female rabbit will cut down on the amount of food she eats every day. It is your duty to keep clean, dry and thin grass for making her nest. Papers are not suitable because they do not mix well with fur or wool, also they can cause death by catching the legs or necks of young rabbits.

The rabbit will prepare its own nest about five days before birth. After making the nest with grass, she plucks off her fur and lays it on the grass. Many rabbits deliver at night and we should not bother them.

Do not give midwivery help when the rabbit is delivering, but examine the babies to see that none are dead or very weak. The nest should be left in the cage for a period of not less than four weeks, depending on the climate.

Muda wa Mimba. Tangu kupandwa kwa sungura mpaka kuzaa, ni muda wa siku 30 kwa wastani; lakini huenda ikawa mapema zaidi kama siku 28 au mbele zaidi kama siku 32. Ni mara chache sana kwa sungura kuzaa kabla au baada ya muda huu. Ikiwa atatunzwa na kulishwa vizuri, anaweza kuzaa mara nne au zaidi kila mwaka.

Kuzaa. Siku chache kabla ya kuzaa, sungura jike hupunguza kiasi cha chakula anachokula kila siku. Ni wajibu wako kumwekea nyasi safi, kavu na nyororo za kutengenezea kiota chake. Karatasi hazifai, kwa sababu hazichanganyiki vizuri na manyoya au sufu, pia huleta vifo kwa kufunga miguu au shingo za sungura wachanga.

Sungura atatengeneza kiota chake kama siku tano kabla ya kuzaa. Akiisha tengeneza kiota kwa nyasi hujing'oa sufu yake na kutandika chini ya nyasi hizo. Sungura wengi huzaa usiku na inafaa wasibughudhiwe.

Usitoe msaada wa ukunga wakati sungura anazaa, bali wakague watoto kuona kama hakuna waliokufa au waliodhaifu sana. Kiota kiachwe kizimbani kwa muda usiopungua wiki nne kwa kufuata hali ya hewa.

4. Caring for Rabbits

Getting good results when domesticating rabbits depends on caring, food, housing and adequate supervision of them when they are young.

Do not startle rabbits for example; when you want to enter their house you must say hello or knock on the door before entering. Always when you want to hold the rabbit, hold his ears with one hand and, with the other, hold his stomach near his hind legs. Hold the skin of a young rabbit on the neck near the shoulders.

Maintain good living and nesting space for your rabbits. This can be in a hutch with a wooden or wire floor; or a hutch which has mud walls and floor of hard-packed earth.

An earthen or wooden floor requires wood chips, grass, coconut leaves, or dry saw dust.

Remove this cover three or more times a week and put in more that is clean and dry.

4. Kutunza Sungura

Mafanikio makubwa katika ufugaji wa sungura yanategemea utunzaji, chakula, nyumba na uangalizi bora wa wanyama hawa tangu wanapokuwa wachanga.

Usiwasitue sungura, mathalani ukitaka kuingia, huna budi kubisha hodi au kugonga mlango kabla hujaingia katika nyumba yao. Kila mara unapotaka kumkamata sungura, mshike masikio yake kwa mkono mmoja na mwingine ushike tumboni karibu na miguu ya nyuma. Mtoto wa sungura mshike ngozi ya shingoni karibu na mabega.

Watengenezee sungura wako, mahali pazuri pa kuishi na kuzalia. Mahali hapo panaweza kuwa katika kizimba chenye sakafu ya mbao au waya; au kizimba cha kuta za udongo na sakafu ya udongo ulaya.

Sakafu ya udongo ulaya au mbao inahitaji taka za mbao, nyasi, makuti au vumbi za mbao zilizo kavu.

Ziondoe taka hizi mara tatu au zaidi kila wiki na kuweka nyingine zilizo safi na kavu.

Dishes for Feeding. You can feed the rabbits in any dish which they cannot overturn or chew. Clay dishes are more suitable.

If you are going to use one trough for many rabbits in one hutch, you must make sure that all the rabbits inside can eat together. The mouth of the trough should be 4 1/2 inches away (from the floor of the hutch). Give the rabbits only flour or grain foods in the dish. Put other foods like dry grass and green leaves on the floor.

To avoid diseases remove and clean all the dirt in the cage as often as possible.

Rabbits in hot climate. Rabbits should not be exposed to strong sun or rain. Their houses should have fresh air, and plenty of clean water. Do not keep young or pregnant rabbits in the sun. If it is very hot, sprinkle water over the entire rabbit house.

Vyombo vya Kulisha. Unaweza kuwalisha sungura katika chombo chochote wasichoweza kukupindua na kukitafuna. Vyombo vilivyotengenezwa kwa udongo, vinafaa zaidi.

Ikiwa utatumia kihori kimoja kwa sungura wengi ndani ya kirimba kimoja, huna budi kuhakikisha kwamba sungura wote, humo ndani, wanaweza kula chakula pamoja. Mdomo wa kihori uwe umbali wa inchi 4 1/2, (juu ya sakafu ya kirimba). Chakula cha aina ya unga au punje tu ndicho uwalishe sungura katika vihori; chakula cha aina nyingine, kama vile nyasi kavu na majani mabichi, yaweke sakafuni.

Ili kuepukana na maradhi ondoa na safisha taka zote katika kirimba mara nyingi iwezekanavyo.

Sungura Katika Joto. Sungura wasipigwe na jua kali wala mvua. Nyumba yao iwe na hewa safi weka maji safi na ya kutosha kila wakati. Sungura wachanga pamoja na wenye mimba, usiwaweke juani. Ikiwa joto ni kali, nyunyizia maji katika nyumba nzima ya sungura.

Rabbit Deaths. Many deaths of young rabbits are due to their cages, nests, food, or to poor handling. The rabbits' hutch and everything inside should be clean at all times. And a poor nest will make the rabbit deliver outside and the babies will die of cold.

Sometimes death occurs because of harmful animals like snakes, cats, mice or dogs getting into the hutch when the rabbit is giving birth. The rabbit gets agitated when alarmed about such animals and sometimes kills her young ones when doing so. Check the rabbits' hutch as soon as you hear any noise.

Letting Young Rabbits Out on Their Own. Free young rabbits when they are eight weeks old. This is in fact the time when males should be separated from females, and kept in different hutches.

Vifo vya Sungura. Vifo vingi vya sungura wachanga huletwa na virimba, viota, malisho au utunzaji mbaya. Nyumba ya sungura na kila kitu humo ndani, viwe safi wakati wote. Ubaya wa kiota humfanya sungura azalie nje na watoto hufa kwa baridi.

Pengine vifo hutokea kwa sababu ya wadudu wabaya kama vile, nyoka, paka, panya au mbwa kuwa ndani ya nyumba hiyo, wakati wa kuzaa sungura. Sungura hupiga vishindo kama alama ya wasiwasi juu ya wanyama hao, na pengine kwa kufanya hivyo huwaua wanawe. Chungua nyumba ya sungura mara unaposikia vishindo.

Kuwaruhusu Sungura. Waruhusu watoto wa sungura wakiwa na umri wa wiki nane. Na ndiyo wakati wa kuwatenganisha madume na majike, na kuwafuga katika virimba mbali mbali.

5. The Hutch

This is a cage or room for keeping male or female rabbits.

Use these measurements: A nesting hutch, 4 feet long, 2 feet wide and 2 feet high. A hutch for a male rabbit or any small rabbit is 2 feet x 2 feet x 2 feet. A hutch for a medium-sized rabbit is 3 feet x 2 feet.

These are the measurements inside. The surrounding walls of this hutch should always be made by using sticks of wood which are 2 inches by 2 inches wide, and those used for the doors should be 2 inches by 1 inch. Cover the door and one wall or more depending on the weather with wire netting (weldmesh) with holes 1/2 inch x 1 inch or 1/2 inch x 1/2 inch. This netting will stop mice and snakes from entering the hutch.

After building the hutch, do not leave nails or netting protruding inside - they may hurt the rabbit.

5. Kirimba

Hiki ni kizimba au chumba cha kufugia sungura dume au jike.

Tumia vipimo hivi: Kirimba cha kuzalia, urefu futi nne, upana futi mbili, na kina futi mbili. Kirimba cha dume au sungura wa aina ndogo ni futi 2 x futi 2 x futi 2. Kirimba cha sungura wa ukubwa wa kati, futi 3 x futi 2.

Vipimo hivi ni vya ndani kwa ndani. Kila mara virimba hivi vitengeneze kwa kutumia mbao zenye unene wa inchi 2 kwa 2 kwa boma lake, na milango iwe ya mbao zenye unene wa inchi 2 kwa 1. Funika upande mmoja, pamoja na mlango (au pande nyingi zaidi ikitegemea hali ya hewa iliyopo mahali hapo) kwa waya (weldmesh), wenye matundu ya nusu inchi kwa inchi moja, au nusu inchi kwa nusu inchi. Waya huo utazuia panya na nyoka kuingia kirimbani.

Ukisha tengeneza kirimba, usiache misumari au waya umetokeza kwa ndani - unaweza kumjeruhi sungura.

Remember this for any type of hutch:

(a) The space for one rabbit should not be less than an area of 4 square feet.

(b) There should be a big door to simplify cleaning and examination of rabbits.

(c) The hutch should be warm and should not allow cold or strong wind, or have any protrusions.

(d) There should be enough space to keep food and water.

You can keep many rabbits in a small space by building hutches and keeping one on top of the other, (see pictures 1 and 2). You can also keep rabbits outside the house. For this, build cages and keep them as shown in picture 3.

The Nest. Build a nest with wood because it retains heat. This nest is like a box with the following measurements (see picture 4):

Length 21 inches, width 10 inches, and height 10 inches or length 15 inches, width 12 inches, and height 12 inches.

Cover one side of this box with a 6 inch - 9 inch plank from the ground, and leave the remaining part open. If the hutch has a wooden floor, do not cover it.

Kwa aina yo yote ya kirimba, yakumbuke haya:

(a) Nafasi ya sungura mmoja isipungue futi nane za eneo.

(b) Mlango mkubwa utakaorahisisha usafishaji na uchunguzi wa mifugo.

(c) Kirimba kiwe na fukuto bila kupitisha ubaridi au upepo mkali, wala kuwa na vipande vyenye kutokeza.

(d) Nafasi ya kutosha kuweka chakula na maji.

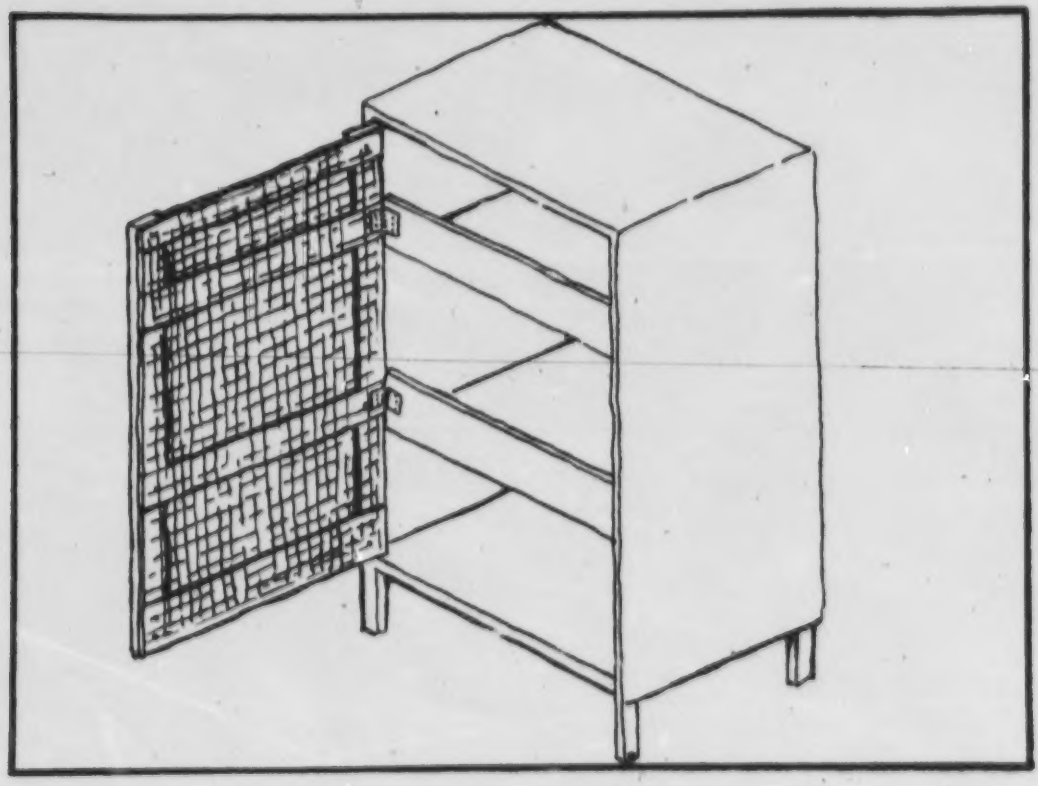
Unaweza kuweka idadi kubwa ya sungura katika nafasi ndogo kwa kutengeneza virimba na kuviweka kwa mfano wa orofa, (Tazama Picha 1 na 2). Pia unaweza kuweka sungura nje ya nyumba. Kwa hali hii jenga virimba na kuviweka kama inavyoonyeshwa katika Picha 1.

Kiota. Tengeneza kiota kwa mbao, kwani zinahifadhi joto. Kiota hiki ni mfano wa sanduku lenye vipimo vifuatavyo:

Urefu inchi 21, upana inchi 10 na kina inchi 10; au urefu inchi 15 upana inchi 12 na kina inchi 12.

Hivi pia ni vipimo vya ndani kwa ndani, (Tazama Picha 4). Upande mmoja wa sanduku hili ufunike kwa ubao wa inchi 6 hadi 9 tangu chini, na sehemu ya upande unaobaki, uache wazi. Ikiwa sakafu ya kirimba ni ya mbao, usizibe upande wa chini.

INDOOR HUTCHES VIRIMBA VYA NDANI



PICTURE 1 PICHA 1

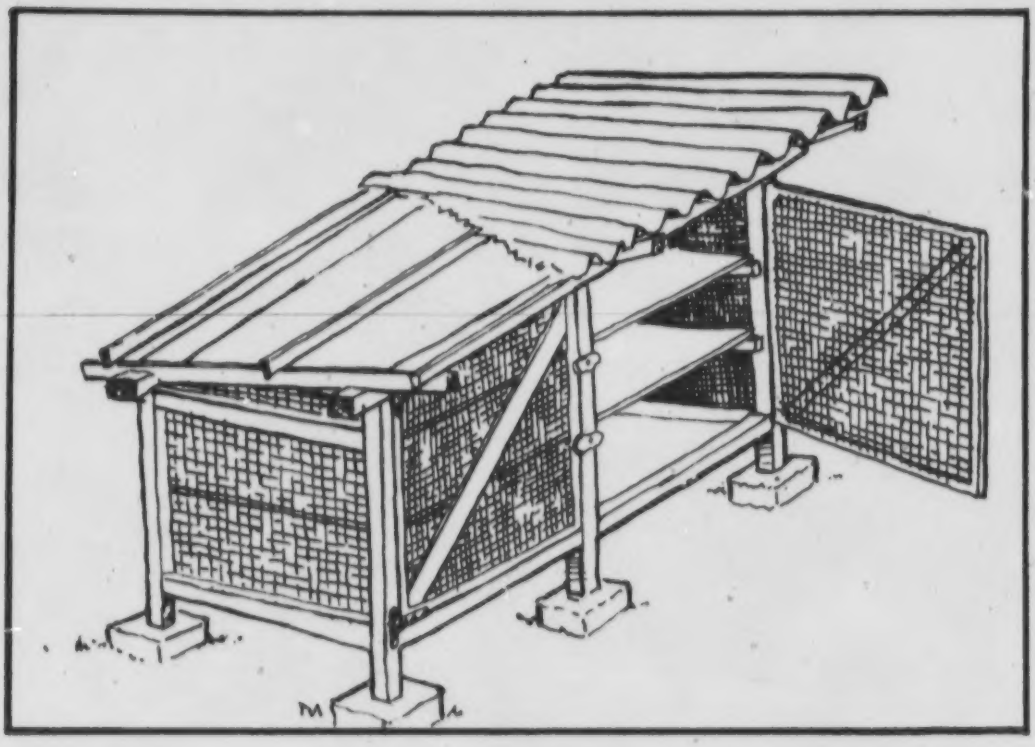
Remember:

a. This kind of hutch is that having three small sections; don't make it more than seven feet.
b. Its floor nine inches from the ground.
c. Notice that the inside of the door is covered with wire net to prevent the rabbits from eating the wood.

Kumbuka:

a. Aina hii ya kirimba yaani yenye visehumu vitatu; isizidi urefu wa futi 7 kwenda juu.
b. Sakafu yake iwe inchi 9 kutoka ardhini.
c. Ona sehemu yote ya ndani ya mlango imefunikwa kwa wavu wa chuma ili kuwazuia sungura wasile mbao.

A HUTCH FOR BREEDING OUTSIDE KIRIMBA KWA UFUGAJI WA NJE

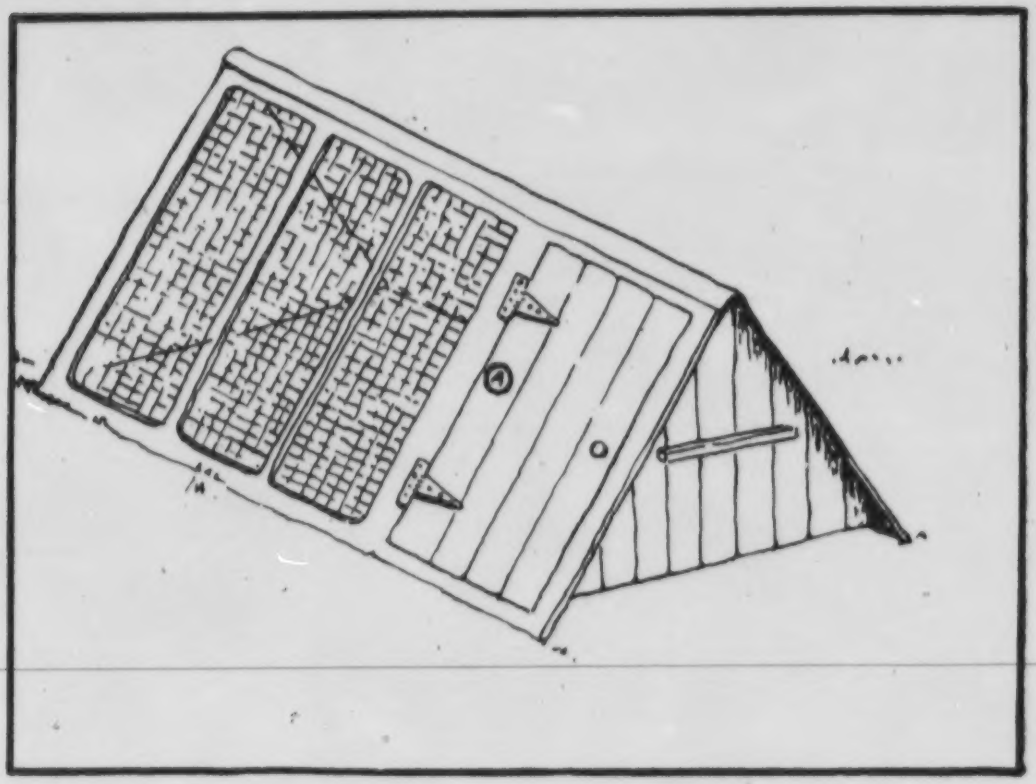


PICTURE 2 PICHA 2

A hutch having six sections and a long roof.

Kirimba chenye sehemu sita na paa lililozidi.

MORANT HUTCH KIRIMBA 'MORANT'



PICTURE 3 PICHA 3

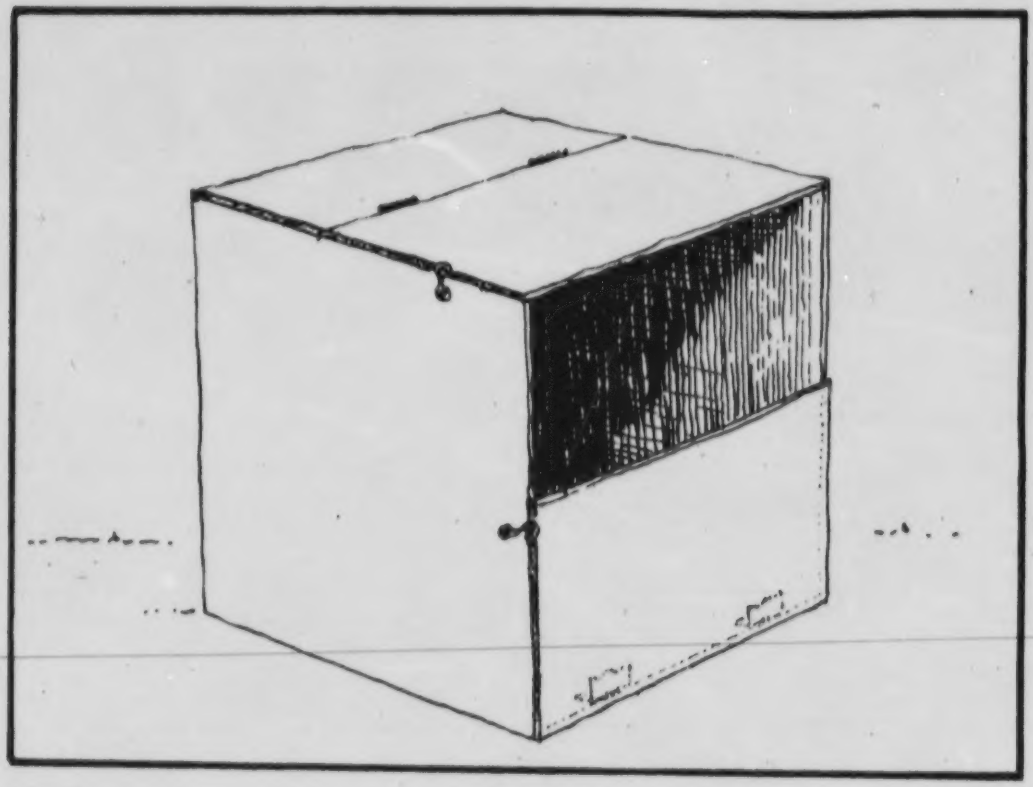
A large type of Morant Hutch for outdoor rearing.

A = Door to sleeping compartment with a raised wooden floor. The floor of the run is covered with 1" wire netting.

Hii ni aina kubwa ya kirimba kijulikanacho kama Morant Hutch. Aina hii ya kirimba ni nzuri kwa ufugaji wa nje.

A = Mlango katika chumba cha kulala, ambacho sakafu yake ni ya mbao zilizo inuliwa. Sakafu imefunikwa kwa wavu wa chuma wenye matundu ya inchi moja.

NEST BOX KIOTA



PICTURE 4 PICHA 4

This is the best kind of nest for raising rabbits. The upper and front lids have hinges to be opened when cleaning the nest.

Hii ni aina bora ya kiota katika ufugaji wa sungura. Kifuniko cha juu na cha mbele vimetiwa bawaba ili viweze kufunguliwa wakati wa kusafisha kiota.

RAISING CHICKENS*

1. Chicken Houses

When building chicken houses, big or small for any type of breeding, you should always build a house which is adequate but which does not require a lot of time for upkeep. These are important things for every chicken house:

It should allow air and light.

It should always be dry.

It should have enough space for everything.

It should be inexpensive and durable.

2. Types of Chicken Breeding and Houses

a. Intensive System (Indoor Breeding) -- Deep Litter Breeding:

In Deep Litter breeding, the hens are in the house throughout the laying period.

You need not spend much money on the breeding house. It is enough if there is a wooden wall on the back side (especially on the windward direction to stop the wind), and three other wooden walls extending from the floor to half way up the wall and then, from this point to the roof, wire netting (see picture 1).

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* Taken from the article Kuku by M.D. Aziz.

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1. Nyumba za Kufugia

Kujenga nyumba ya kufugia ikiwa ndogo au kubwa katika aina yoyote ya ufugaji, inakupasa kujenga nyumba nzuri kwa kila hali na pia isichukue muda wako mwingi katika kushughulika na kazi za lazima katika nyumba hiyo. Mambo muhimu kwa kila nyumba ya kufugia kuku ni haya:

Iingize hewa na mwanga.
Iwe kavu daima.
Nafasi ya kutosha kwa kila kuku.
Ujenzi rahisi na wa kudumu.

2. Aina za Ufugani na Nyumba

a. Ufugaji wa Ndani -- Kufuga Katika 'Deep Litter':

Ufugaji wa 'Deep Litter'; kuku huwamo katika nyumba kwa wakati wote wa kutaga.

Nyumba ya kufugia si lazima kuigharamia. Kwani, kukiwa na ukuta wa mbao, kwa upande wa nyuma, (hasa upande unakotokea upepo ili kuukinga) na kuta nyingine tatu zikiwa za mbao pia kuanzia sakafuni hadi nusu ya urefu wa ukuta; (kwenda juu;) halafu, kuanzia hapo mpaka kwenye paa ikapigiliwa nyavu (tazama picha 1).

You should make sure that this house does not leak or allow water to enter in any way.

In this house make box nests, and cover them with a few layers of dry grass. Build these nests from the outside of the house (see picture 2), and cover the lower side with wire net. Make covers on the boxes which can be opened when removing eggs.

The front side of the nest should be covered with a sack curtain that has been cut in the middle so as to allow a hen to enter or leave the nest when she wants to lay eggs or after laying. This is done so that the hen does not get into the habit of eating the eggs. Normally if the nest is covered and the eggs cannot be seen, the hen will not form this habit.

Breeding hens by the Deep Litter system needs great care. After completing construction of the house, you should put 6 inches of dry grass or grain cereal or saw dust or corn seeds or wheat chaff or anything else similar. Something to be careful about when transfering the hens to the nest is that it is better to do this when they are 12-14 weeks old, because they are about to begin to lay at that time. If you transfer them when they are under this age you must watch and cover every corner of the house so that they do not crush themselves together in these corners at night when they feel cold, because they may die by treading on each other.

Bali ni lazima uthibitishe kwamba nyumba hiyo haivuji wala kuingiza maji kwa njia yoyote.

Katika nyumba hiyo tengeneza viota vya masanduku, na tandika tabaka chache za nyasi kavu. Viota hivyo vijenge kwa sehemu ya nje ya kuta (Tazama picha 2), na sehemu ya chini ziba kwa nyavu. Juu ya viota tengeneza vifuniko vinavyofunguliwa wakati wa kutoa mayai.

Sehemu ya mbele ya kiota huzibwa kwa pazia la gunia lililopasuliwa katikati ili kumwezesha kuku kuingia au kutoka wakati anapotaka kutaga mayai na baada ya kutaga. Hufanywa hivyo kusudi, ili kuku asije akanzisha tabia ya kunywa mayai. Kwa kawaida iwapo kiota kimefunikwa na mayai hayaonekani, kuku hawezi kuwa na tabia hiyo.

Ufugaji wa kuku katika 'Deep Litter' unahitaji kuangalia sana. Baada ya nyumba kumalizika (kujengwa) inafaa utandaze chini nyasi kavu kiasi cha maki ya inchi sita; au mabua ya nafaka, vumbi za randa, masuke ya mtama, pumba za mpunga na kadhalika. Jambo la kuangalia unapohamisha kuku kutoka nyumba ya kutagia ni bora wanapokuwa wametimia umri wa majuma 12 - 14, kwani wakaribia kutaga. Iwapo utahamisha chini ya umri huo itakupasa uangalie sehemu ya kona ya nyumba kuziziba ili kuku wasisongamane humo wakati wa usiku watakapohisi baridi, na hapo kwa kule kukanyagana wanaweza kufa.

After doing this, place the hens (especially for the first time) in the house. If the sleeping area becomes damp due to their excretion then add another layer of sleeping material. For the first two or three months add new sleeping materials on top of the old.

After two months or three months during the rainy season, the bacteria which live in this waste material will begin their work of changing the excretion into dust.

As soon as this reaction begins, and as long as the house and water containers do not leak, the grass will remain hot and dry and therefore the fresh excretion will be changed immediately by bacteria. The hens will get enough heat and even more they will be living in a good dry place.

The house can be cleaned when the laying season is over or after selling the hens. After that, clean it properly and add new grass before putting other hens in.

Baada ya kufanya hivyo, waingize kuku (hasa kwa mara ya kwanza) katika nyumba. Kama malalio uliyotandaza yakianza kupata unyevunyevu kwa ajili ya kinyesi, basi ongeza tabaka ya malalio. Kwa muda wa miezi miwili au mitatu ya kwanza uwe ukiyaongeza malalio mapya juu ya yale ya zamani.

Baada ya miezi miwili kwa majira ya kiangazi au miezi mitatu wakati wa masika, vijidudu "bacteria" vinavyoishi katika takataka hizo, vitaanza kazi yao ya kushambulia kinyesi na kukibadili katika hali ya vumbi.

Mara kitendo hicho kinapoanza, na maadamu nyumba na vyombo vya kuwekea maji havivuji, basi nyasi hizo zitabaki kavu na zitakuwa na joto, kwa hiyo kinyesi kipya mara moja kitashambuliwa na vijidudu "bacteria." Kuku watakuwa wakipata joto la kutosha na isitoshe watakuwa wakiishi mahali pakavu na pazuri.

Nyumba yaweza kusafishwa wakati kuku watakapokuwa wamemaliza msimu wao wa kutaga mayai au baada ya kuwauza. Baada ya hapo, safisha nyumba vizuri sana na tia nyasi mpya kabla ya kuwaingiza kuku wengine.

b. Semi Intensive System (Breeding in a fenced yard):

In this type of breeding, the hens sleep in a house and roam about in a fenced yard. (This yard may be fenced with stalks or wire netting). This system suits people who don't have a lot of land, but who want to let their hens outside.

In the Semi-Intensive System, the chicken houses or coops are surrounded by wire netting or a fence made of stalks, the hens sleep in the house and are released into the fenced yard where they eat and drink in the morning; they lay eggs in the hut.

The house may be like the house described in the free breeding section (Extensive or Free Range System), the space needed by each hen is an area of two feet. The hut is surrounded by a six foot wire fence. If it is difficult to get the wire, then slatted structures are suitable (see picture 3).

When fencing the yard, join the frames to strong supports and allow each chicken an area of 5 - 7 yards for pecking about. Put in a suitable gate so that you do not have trouble giving them food and water or gathering eggs.

b. Ufugaji wa Ndani ya Ua:

Katika ufugaji huu kuku hulala ndani ya nyumba na kutembeatembea katika ua, (Ua huo unaweza kuwa wa mabua au wavu wa chuma). Ufugaji huu unawafaa sana watu wenye kuadimikiwa na ardhi, ambapo mwenyewe anataka kuku wake, wakitoka nje.

Kwa ufugaji wa "Semi-Intensive System" kibanda au kijumba cha kuku huwa kinazungushiwa wavu au ua wa mabua, nao kuku hulala ndani ya nyumba na asubuhi hufunguliwa katika ua ambako hula na kunywa huko, mayai hutaga ndani ya nyumba.

Hii inaweza kuwa sawa na ile nyumba inayoelezwa katika UFUGAJI HURIA (Extensive au Free Range System), nafasi ya kila kuku katika nyumba anahitaji futi za eneo mbili kwa kila kuku. Kibanda huzungushiwa ua wa waya, wenye urefu wa futi sita kwenda juu. Kama ni shida kupata waya, viunzi vya mabingobingo pia vinafaa (Tazama picha 3).

Katika shughuli za kufunga ua, viunganishe viunzi kwenye viguzo imara na kuwapatia nafasi ya eneo la yadi tano hadi saba hivi kwa kila kuku, za kupekua pekua. Weka mlango utakaofaa ili usipate taabu wakati wa kuwapa chakula na maji au unapokusanya mayai.

To have two yards (attached to the house) for every hen house is very helpful, because moving a house from one place to another is a difficult job. In this way, the hens only need to be transferred from one yard to another. This change can be done once a month (or more often during the rainy season). In this way each yard will get enough rest. When the yard is not used, the grass should be cut down or used for feeding sheep and goats.

After every six months, the area that is used for breeding hens should be spread with quicklime, about 112 pounds for every acre. The lime will prevent dampness and stop parasites or insects which cause chicken diseases, especially round intestinal worms.

This method is good and very suitable for breeding hens because they cannot mate with undesirable roosters. It is good to give breeding hens more space to roam than to build them houses like those described in the Intensive System.

Kuwa na nyua mbili (zilizounganishwa na kijumba) kwa kila nyumba ya kuku, husaidia sana, kwani kuhamisha hamisha kibanda huwa ni kazi ngumu. Hivyo basi, ni kuku tu ndiyo watakuwa wakibadilishwa kutoka ua hadi mwingine. Mabadiliko hayo yanaweza kufanywa kila mwezi mara moja (au kila mara kwa wakati wa masika). Kwa mpango huo kila ua utakuwa umepumzishwa vya kutosha. Wakati ua hautumiwi, inafaa nyasi ziwe zikifyekwa, au fanya ni malisho ya kondoo na mbuzi.

Baada ya kila miezi sita, inafaa eneo linalofugiwa kuku, kutiwa au kutandazwa chokaa (quicklime) kiasi cha ratili 112 kwa kila ekari. Chokaa hii italinda unyevu wa udongo na kuzuia vimelea au wadudu wa magonjwa ya kuku, hasa michango.

Hii ni njia iliyo bora na yenye kufaa sana kwa kuku bora, kwani hawatakuwa wakipandwa na majogoo usiowataka. Ni jambo jema kwa kuku wa kuzalisha kuwapa nafasi kubwa zaidi ya kutembea kuliko kuwajengea nyumba kama zile zilizotajwa katika UFUGAJI WA NDANI.

c. Free Range System (Free Breeding):

This is the breeding system used by many. Usually the hens are locked inside at night and let loose in the daytime, so that they can look for food.

The Free Range System is good for a person who has a lot of land. Even more, this system is cheap since its needs are few compared to other breeding systems.

Normally you do not have to build a fence for your hens or have a lot of space for each hen. The hens remain outside all the time looking for food, and then get into the house if they want to defend themselves from enemies, bad cold, hot sun, etc.

If you keep a few hens, small portable houses are suitable. Because the houses are small and light, you can transfer them every week so that the chickens do not spoil the soil with their scratching, also it will prevent disease and protect the soil from getting bacteria from chicken diseases. This system also helps to fertilize the soil.

c. Ufugaji Huria:

Ni ufugaji unaotumiwa na wengi sana. Kwa kawaida, kuku hufungiwa ndani wakati wa usiku na kuachwa huru wakati wa mchana, ili wajitafutie chakula.

Ufugaji Huria (Free Range System) ni mzuri kwa mtu mwenye ardhi kubwa. Isitoshe ufugaji huu ni rahisi na mahitaji yake ni haba, ukilinganisha na aina nyingine za ufugaji.

Kwa kawaida huhitaji kuwajengea ua kuku wako, kuwa na eneo kubwa kwa kila kuku. Kuku huwa nje wakati wote wakijitafutia riziki zao, kiisha huingia wenyewe vibandani, kwa wakati wowote iwapo ni kujilinda na maadui, hali mbaya ya baridi, jua kali na kadhalika.

Iwapo unafuga kuku wachache, vibanda vidogo unavyoweza kuvihamishahamisha vinafaa zaidi. Kwa kuwa vibanda ni vidogo na vyepesi unaweza kuvihamisha kila baada ya juma moja hivi; ili kuku wasiharibu ardhi katika paruraparura yao; pia kuzuia magonjwa na kulinda ardhi isipatwe na wadudu wa magonjwa ya kuku. Mpango huu pia utasaidia kuirutubisha ardhi.

Any type of hen house must have a wall to keep out wind or rain. Every house must have a roof that does not leak. It is wise to check these things because if water gets in, the eggs will get dirty and spoil easily. This is important for a breeder to watch out for. More than this, cold and many diseases attack chickens who do not have a good house.

In every chicken coop or house, you must keep boxes for laying eggs (nests). One box can be used by four or five chickens. These boxes have an area of 1 foot by 1 foot and a height of 1 foot on the back side with a little sloping roof to prevent the hen from pecking the eggs. Wooden boxes are very suitable for this.

Chickens must be given food in troughs and water in special containers kept near their house. When you put chickens in this kind of house for the first time you must leave them for 36 hours. After this time they will become used to it and when they are let loose they will come back without getting lost.

Vibanda vya aina yoyote, vya kufugia kuku vinapaswa kuwa na ukuta wa kuzuia upepo au mvua. Kila kibanda lazima kiwe na paa lisilovuja. Ni kitu cha maana sana kuchungua mambo hayo, kwani iwapo maji yataingia ndani, mayai yatachafuka na ni rahisi kuoza, hilo ni jambo la maana kabisa kwa mfugaji kuliangalia. Isitoshe baridi na maradhi mengine huwapata kuku wasiokuwa na banda zuri.

Katika kila kibanda au kijumba cha kuku, lazima uweke masanduku ya kutagia mayai (viota). Sanduku moja laweza kutumiwa na kuku wanne au watano. Masanduku haya yenye eneo futi moja kwa moja (1 ft. x 1 ft.), na kina cha futi moja kwa upande wa nyuma; paa lake la mtelemko kidogo, ili umzuia kuku asiyadonoe mayai. Makasha ya mbao hufaa sana kwa shughuli kama hii.

Kuku ni lazima wapewe chakula katika vihori na maji katika vyombo maalum, na uviweke karibu ya nyumba yao. Unapowaingiza kuku katika nyumba ya namna hii kwa mara ya kwanza lazima uwaweke na kuwaacha humo, kwa muda wa saa 36. Wakati huu wote watakuwa wamezoea hata siku watakapofunguliwa watarejea ndani bila kupotea.

Give your chickens fresh water every day. Collect eggs every day. Food and sufficient water should be available, water should be kept in the shade or in a house that can be cleaned easily.

Cleanliness is not for the utensils only, but the house should also be swept properly, all the chickens' excreta scraped off and then the whole house scrubbed with water and insecticide. When it is dry apply LINDANE before putting another group of chickens in.

Every day when the sun goes down, after the chickens have gone in, lock the door properly and then let them loose in the morning and give them food and water.

3. Feeding the Chickens

a. Food

When feeding chickens you must understand that your chickens need food for many reasons, like for gaining strength which will help their essential body functions, for example, to enable them to eat, to breath, to digest food that is eaten, to grow, and to lay eggs. All these things will also help to protect the body from diseases.

Wape kuku wako maji safi ya kunywa kila siku. Kusanya mayai kila siku. Chakula na maji ya kutosha yasikosekane; maji ni lazima uyaweke kivulini au ndani ya kibanda unachoweza kukisafisha kwa urahisi.

Usafi si katika vyombo tu, bali hata nyumba pia nayo ifagiliwe vizuri na kikwangue kinyesi chote cha kuku na nyumba yote ipigwe deki kwa maji, pamoja na kawa ya kuua wadudu. Ikiisha kauka, halafu itiwe dawa kama ile ya "LINDANE," kabla ya kuingiza kundi jingine la kuku.

Kila siku magharibi, baada ya kuku kuingia ufunge mlango madhubuti na kuwafungulia asubuhi, na kuwapa chakula na maji.

3. Kulisha Kuku

a. Chakula

Katika kulisha kuku, inakupasa kufahamu kuku wako wanahitaji chakula kwa sababu nyingi, kama kupata nguvu itakayomsaidia katika shughuli za lazima katika maisha; mathalani kupata uwezo wa kula, kupumua, kusaga vyakula anavyokula, kukua na kutaga mayai. Pia hayo yote yatamsaidia katika kuulinda mwili, ili usishambuliwe na maradhi.

Therefore hens must be given food. Your profits or losses in breeding depends on feeding. Your chickens need starchy foods, like maize, corn, millet, and so on; they need protein from minced meat, fish, whitebait, raw vegetables like cabbages, etc.; they need minerals, to be obtained from the vegetables and foods mentioned above; fats and vitamins.

If you are a farmer, you can raise nearly all these foods in your plantation or garden. You can ask agricultural experts or veterinary doctor, how to mix the food in the right proportions for each hen.

As breeding progresses, there is a company that manufactures chicken food which is completely balanced. If you get this food you do not have to add anything, all you have to do is feed them. This is obtained in 150 pound sacks or 25 pound packets. If you do not know where to get it, "Bwana Shamba" or your veterinary doctor will help you.

Water is very important when feeding hens. It must be understood that nearly 56% - 78% of the body of a hen is water and 66% of an egg is water.

Kwa hiyo, kuku ni lazima wapewe chakula. Kupata faida au hasara katika ufugaji wako inategemea ulishaji. Kuku wako wanahitaji vyakula vyenye asili ya wanga, kama mahindi, mtama, ulezi, na kadhalika; wanahitaji protini kutokana na nyama zilizosagwa, samaki, udagaa, mboga mbichi kama kabichi na kadhalika; wanahitaji madini, kupatikana katika mboga na vyakula vilivyotajwa hapo juu; mafuta na vitamini.

Ikiwa wewe ni mkulima, karibu vyakula hivi vyote unaweza kuvistawisha shambani mwako au katika bustani yako. Na namna ya kuvichanganya na kiasi kinachoshauriwa kwa kila kuku unaweza kumuuliza Mshauri wa Kilimo, au Bwana Mganga wa Mifugo.

Kwa vile ufugaji unasonga mbele, basi kuna kampuni inayotengeneza chakula cha kuku, nacho ni kamili kabisa. Ukikipata huna haja tena ya kuongeza chochote ila juu yako kulisha tu. Hicho hupatikana katika jumla ya ratili 150 kwa gunia au mifuko ya ratili 25. Kama hujui kwa kukipapa, Bwana Shamba au Bwana Mganga wa Mifugo atakupa msaada.

Katika kulisha kuku, maji ni kitu muhimu sana. Inapasa kufahamika kuwa karibu parisenti 56 hadi 78 ya mwili wa kuku ni maji na parisenti 66 za yai ni maji.

Water plays a very important role in the body of a hen, water cools the heat of hen's body, helps in softening joints, softens food so that the hen can digest it and so it can be absorbed by the body, helps in moving digested food through the body and in removing dirt from the hen's body, for example in excreta.

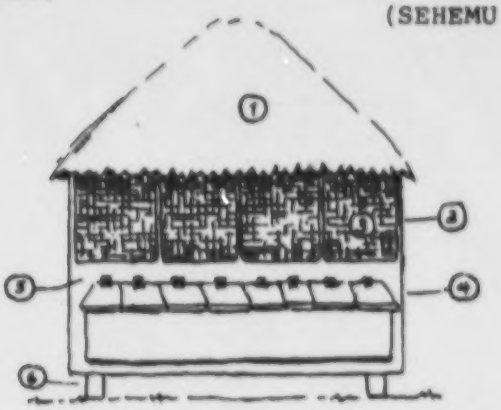
Hens can live for a long time without food, but must have water. Therefore, give your hens enough fresh water; also keep it in the shade and change it every day.

Maji yana kazi kubwa katika mwili wa kuku; maji yanapoza joto la mwili wa kuku, husaidia katika kulainisha viungo, kulainisha vyakula ili kuku aweze kuvisaga na kunyonywa mwilini, husaidia katika kusafirisha vyakula vilivyo kwisha sagwa katika mwili wa kuku, na katika kuondoa takataka mwilini mwa kuku, mathalani mavi.

Inafahamika kuwa kuku anaweza kuishi kwa muda mrefu bila chakula, lakini asikose maji. Kwa hiyo wape kuku wako maji safi na ya kutosha; pia uyaweke kivulini, na kubadilisha kila siku.

PICTURE OF DEEP LITTER COOP (SIDE VIEW)

PICHA YA NYUMBA AINA YA DEEP LITTER (SEHEMU YA MBAVUNI)



PICTURE 1

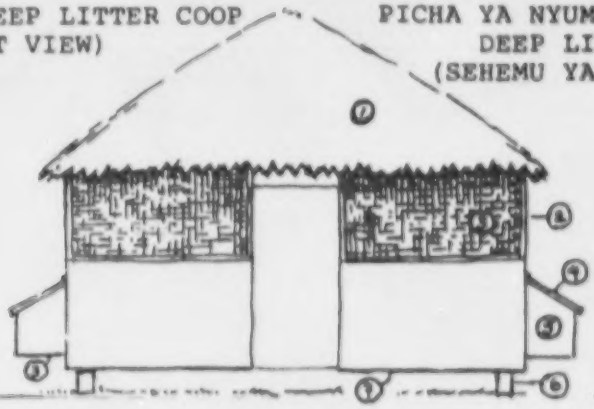
PICHA 1

1. Thatched roof
2. Wooden Frame
3. Wire
4. Windward wall
5. Bottom wall made of wood or iron
6. Legs

1. Paa lililoezekwa
2. Fremu za miti
3. Waya
4. Ukuta unaoelekea upepo
5. Ukuta wa sehemu ya chini. Umetengenezwa kwa (mbao au chuma)
6. Miguu.

PICTURE OF DEEP LITTER COOP (FRONT VIEW)

PICHA YA NYUMBA AINA YA DEEP LITTER (SEHEMU YA MBELE)



PICTURE 2

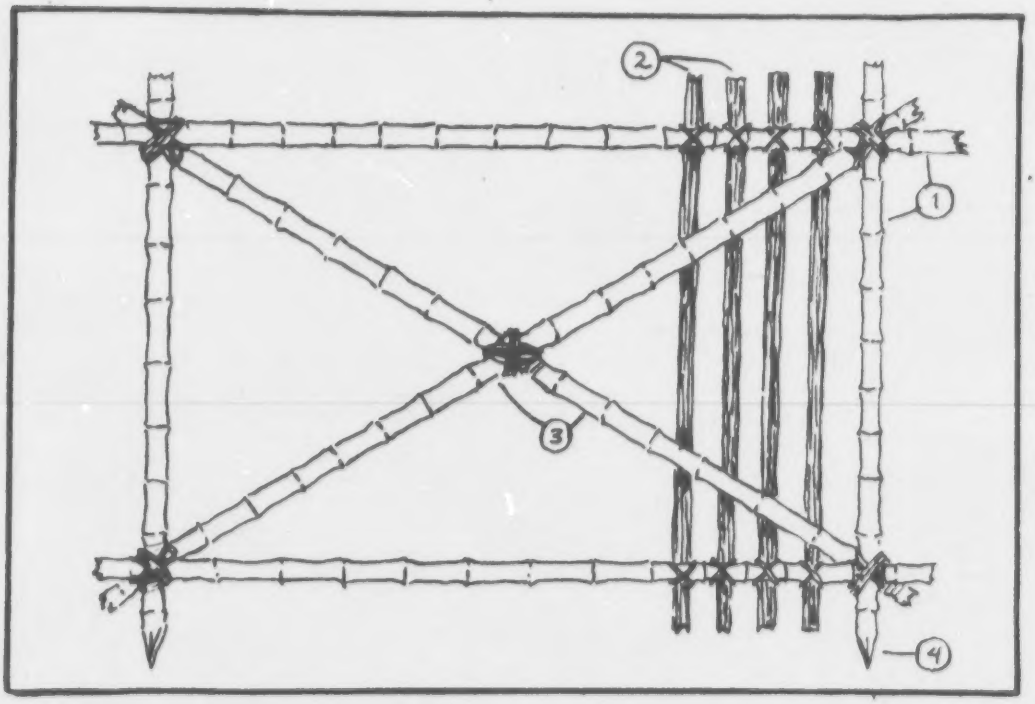
PICHA 2

1. Thatched roof
2. Wooden frame
3. Wire
4. Hinged roof
5. Nest box
6. Legs
7. Wall of the bottom part without holes

1. Paa lililoezekwa
2. Fremu ya miti
3. Waya
4. Paa lenye bawaba
5. Sanduku la kutagia mayai
6. Miguu
7. Ukuta wasehemu ya chini Hauna tundu

SLATTED STRUCTURE FOR MAKING A FENCE IN PLACE OF WIRE IN THE CHICKEN YARD OR PORCH FOR SEMI-INTENSIVE COOPS.

KIUNZI CHA MABINGOBINGO KWA KUTENGENEZEA UA BADALA YA WAYA KATIKA ZIZI LA KUKU AU UKUMBI WA NYUMBA ZA SEMI INTENSIVE.



Sehemu zote zimefungwa pamoja kwa kamba au waya

(All parts are fastened together by rope or wire)

PICTURE 3 PICHA 3

1. Bamboo frame
2. Slatted stalks
3. Bamboo supports
4. Pointed tip to simplify digging (legs) into the ground.

1. Fremu za Mianzi
2. Mabua ya Mabingogingo
3. Nguzo ya Mianzi
4. Ncha iliyochongoka kwa urahisi wa kuchimbia chini

TRAINING BULLOCKS*

Introduction:**

Bullocks, or even donkeys, can understand and be taught how to do different types of farm work. For example, farming with a hand plough, hauling machines or vehicles to clear grass, and even to move small machines for threshing and husking grains.

Experts at the Department of Agriculture have two methods of teaching bullocks to work. One is an old one. In this method, for every pair of bullocks that learn to work, there must be a person to guide them when pulling a plough or dragging a vehicle.

In the second method, which originated in India, when the bullocks learn to work, they guide themselves without having a person in front of them.

* Castrated animal; here specifically, castrated bull cow. Note that the English word "cow" is used in this translation in a generic sense.

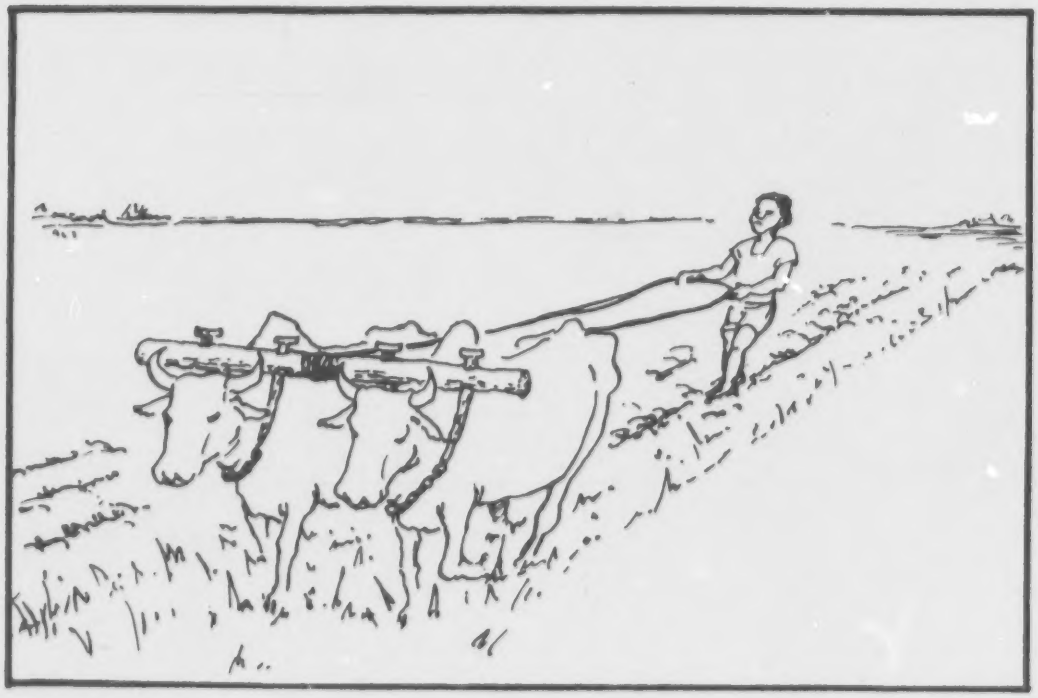
** Tanzanian Government Publication.

Utangulizi:

Ng'ombe maksai na pengine hata punda wanaweza kufunzwa wakafahamu namna ya kufanya kazi mbali mbali za shambani. Kwa mfano kulima kwa jembe la plau, kukokota magari na mashine za kufyeka nyasi na hata kuendesha mitambo midogo ya kukafua na kumenya nafaka.

Wataalam wa Idara ya Kilimo wanazo njia mbili za kuwafunza kazi maksai. Mojawapo ni ile ya zamani. Kwa njia hii kila jozi la maksai inapofahamu kufanya kazi hulazimu awepo mtu wa kuwaongoza mbele wanapovuta plau au kukokota gari.

Kwa njia ya pili, ambayo asili yake ni Bara Hindi-India, maksai wanapofahamu kazi hujiongoza wenyewe bila ya kuwa na mtu mbele yao.



TRAINING BULLOCKS

The Old Method:

Choosing a cow:

1. Should have an age of between 2 1/2 - 3 years; and
2. Should have a good build and strength, and
3. Should have short horns.

Bullocks of this age should be given light work at first because if you give them hard work at this time, they may not grow properly. Some people say that the cow who separates himself from his companions when grazing is suitable to be a work leader on the farm. Choose cows that are healthy during the hot season rather than those that become weak at that time.

Castrate cows you choose for the work. It is better to castrate them when they are calves.

Njia ya Zamani:

Kuchagua ng'ombe:

1. Awe ng'ombe maksai mwenye umri kati ya miaka 2½ hadi mitatu.

2. Mwenye umbo zuri na nguvu.

3. Awe na pembe fupi.

Maksai wenye umri huo inafaa kuwapa kazi nyepesi kwanza, kwa sababu ukiwapa kazi ngumu wakati huo watawezа kushindwa kukua sawa sawa. Baadhi ya waranchi husema kuwa, ng'ombe ambao hujitenga na wenzao wakati wa machungani hufaa kuwa viongozi wakati wa kazi shambani. Chagua ng'ombe ambao huweza kuwa na hali bora zaidi wakati wa kiangazi kuliko wale wanaodhoofika wakati huo.

Wahasi ng'ombe unaowachagua kwa kazi. Inafaa zaidi kuwahasi wakingali ndama.

TRAINING BULLOCKS

Initial Teaching:

Choose two bullocks according to their size, weight and habits.

Tie them around the neck with a rope leaving a length of four feet between them. Leave them like that for one week. Put a yoke on them for a period of three days so that they get used to it.

After three days, again put the yoke on them and tie a light log on to it. Teach them how to drag this log together.

When teaching them how to drag the log, also teach them commands, like, 'TURN', 'TURN TO THE LEFT' and so on. Always use the same command words without changing them. Also give every bullock a name. When commanding, mention the name of the bullock concerned.

Mafunzo ya Kwanza:

Chukua maksai wawili kwa kufuata ukubwa wao, uzito na tabia zao.

Wafunge maksai hao kichwani kwa kamba yenye urefu wa futi nne kati yao. Waache hivyo kwa muda wa juma moja. Wavishe nira kwa muda wa siku tatu ili waweze kuizoea.

Baada ya siku hizo tatu wavishe tena ile nira halafu funga gogo jepesi katika nira hiyo. Wafunze namna ya kukokota gogo hili wote pamoja wakiwa wawili.

Unapowafunza kukokota gogo, pia wafunze amri, kwa mfano "PINDA", "KATA KUSHOTO" na kadhalika. Kila mara tumia maneno hayo hayo ya amri bila kuyabadilisha. Vile vile kila maksai mpe jina lake. Unapoamrisha taja jina la maksai anayehusika.

Group Training:

When training bullocks in a group, tie two bullocks that know the work together. Then use these bullocks to lead the bullocks that are learning. Also put two bullocks that know the work behind the bullocks that are learning. Tie the equipment that they are hauling to the yoke of the last two bullocks.

Train the bullocks in this way (farming with a plough) every day for a period of three weeks. Train them for three hours a day, during the first week. Slowly increase the work until they are working five hours a day by the time they reach the third week.

When training, give them a break to eat and drink.

When the bullocks learn to work, they must be led by someone holding the yoke rope in front of them. Bullocks that are taught this can work with six in a group and only two men; that is, one leading and another directing the plough at the back.

After the bullocks have learned to plough with a hand plough, give them the work of dragging a harrow (a piece of equipment used to break up and soften soil), a hoe used for making raised beds, a hoe for cutting weeds, and also give them the work of hauling carts.

Kufunza kwa Vikundi:

Unapofunza maksai kwa vikundi, funga pamoja maksai wawili wanaofahamu kazi. Tumia maksai hao wawili kwa kazi ya kuwaongoza maksai wanaofunzwa. Nyuma ya kundi la maksai, weka maksai wawili wanaofahamu kazi. Funga chombo wanachokokota wote, katika nira ya maksai wawili wa nyuma.

Wafunze maksai kwa njia hii (namna ya kulima kwa plau) kila siku kwa muda wa majuma matatu. Juma la kwanza wafunze kwa muda wa saa tatu kila siku. Ongeza kiasi cha kazi pole pole hadi kifikie muda wa saa tano kila siku, wakati majuma matatu yanapotimia.

Unapowafunza wape muda wa kula na kunywa maji.

Maksai wanapofahamu kazi inabidi watanguliwe na mtu ambaye atakuwa anashika ile kamba ya nira mbele yao. Maksai waliofunzwa hivyo, huweza kufanya kazi wakiwa sita pamoja, na watu wawili tu; yaani mtangulizi na mwingine ambaye anaongoza plau nyuma.

Maksai wanapofahamu kazi ya kulima kwa jembe la plau, wape kazi ya kukokota chombo cha kuvunja na kulainisha udongo (harrow), jembe la kutengeneza matuta, jembe la palizi, na pia wape kazi ya kukokota magari.

New Method:

The new method of teaching bullocks farm work is used more in India. These days, this method is also used here in the country, especially at Mpwapwa, where it has been used a lot.

Its advantages:

1. The period of training bullocks in this method is shorter than in the other.

2. When the bullocks learn the work they need only one man to look after them. The bullocks always lead themselves.

Choosing bullocks:

When choosing bullocks for farm work, look for these things:

1. They must have strength
2. Their age should be between 2 1/2 - 3 years.
3. They must have horns.
4. They should always be in pairs and the pairs should not be changed.

Njia Mpya:

Njia mpya ya kufunza maksai kazi za mashambani hutumiwa zaidi huko Bara Hindi (India). Siku hizi njia hiyo pia hutumiwa hapa nchini, hasa huko Mpwapwa ambako imepata mafanikio makubwa.

Faida Zake:

1. Muda wa kufunza maksai kwa njia hii ni mfupi kushinda njia nyingine. Muda huo huwa kama miezi mawili au matatu.

2. Maksai wanapofahamu kufanya kazi huhitaji mtu mmoja tu wa kuwaangalia. Maksai kila mara hujiongoza wenyewe.

Kuchagua Maksai:

Unapochagua maksai wa kuwafunza kazi za shambani angalia mambo haya:

1. Wawe wenye nguvu.

2. Umri wao uwe kati ya miaka miwili na nusu hadi mitatu.

3. Wawe na pembe.

4. Kila mara wawe katika jozi yaani wawe wawili wala wasibadilishwe.

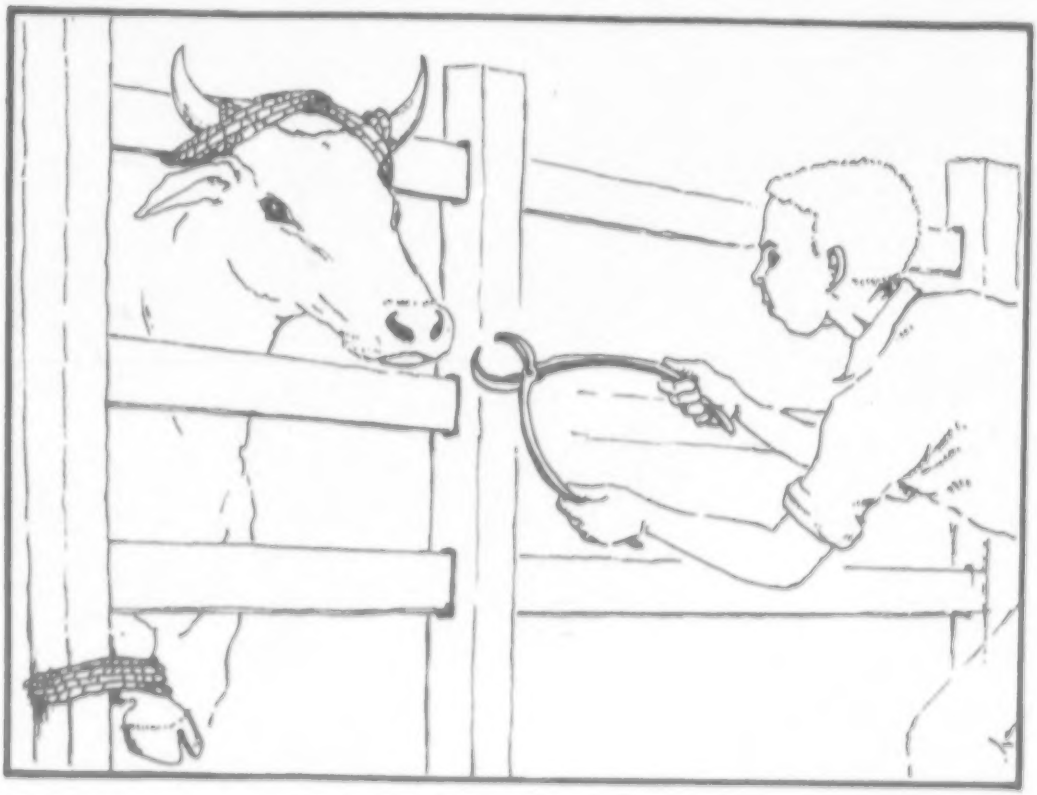
Piercing the Nose:

When piercing the nose, pierce the inner skin dividing the two holes of the nose; that is at the soft bone only. Use a special instrument (see picture) for piercing. This work takes great skill and care; therefore, it should be done by a livestock doctor (Picture 1).

PICTURE 1. When piercing the nose, tie the bullock properly with a rope as shown in this picture. Then use a special instrument for this work and pierce carefully the soft bone that divides the two holes of the nose.

Kutoga Pua:

Unapotoga pua toboa ile ngozi ya ndani inayotenga tundu mbili za pua, yaani katika ule mfupa laini tu. Tumia tindo maalum ya kutoga. Kazi hii inahitaji ufundi na uangalifu mkubwa; kwa hiyo inafaa zaidi ifanywe na Bwana Mganga wa Mifugo (Picha 1).



PICHA 1. Wakati wa kutoga pua mfunge kamba maksai sawa sawa kama inavyoonyeshwa katika picha hii. Halafu tumia kifaa maalum kwa kazi hiyo na kutoga kwa ufundi ule mfupa laini unaotenga tundu mbili za pua.

TRAINING BULLOCKS

Choosing a Rope:

The rope that is to be passed through the pierced nose must be soft, a suitable rope is one made from wool.

Pass the rope through the hole in the nose as soon as it is pierced. Tie the rope to the horns (Picture 2). The hole may become blocked and close up if the rope breaks or is lost. Therefore watch this rope all the time.

Start training the bullocks one month after piercing and passing the rope through the nose. Remember that every time you teach them they must be in the same pairs.

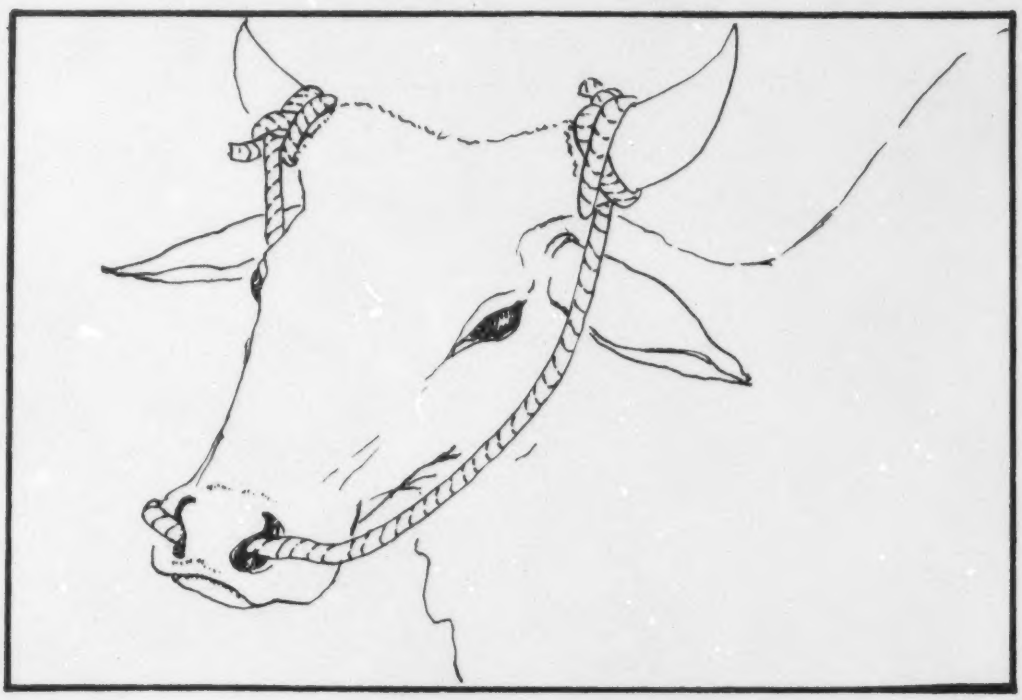
PICTURE 2. After piercing, pass a soft rope through the hole. Tie or join its ends to the back of the horns, but this rope should be loose as shown in this picture.

Kuchagua Kamba:

Kamba ya kupitishia katika tundu lililotobolewa puani, lazima iwe laini. Kamba inayofaa ni ile iliyotengenezwa kwa nyuzi za pamba.

Pitisha kamba katika tundu puani mara tu baada ya kutoboa. Funga ncha ya kamba katika mapembe (Picha 2). Kamba ikikatika au ikipotea, tundu linaweza kuziba na kupona kabisa. Kwa hiyo angalia kamba hiyo kila mara.

Anza kumfunza kazi maksai, baada ya mwezi mmoja tangu ulipomtoboa na kumtia kamba puani. Kumbuka, kila mara umapowafunza maksai, lazima wawe wawili wawili pamoja bila kuwabadilisha.



PICHA 2. Baada ya kutoga, pitisha kamba laini katika tundu. Ncha zake zifunge au ziunganishe nyuma ya mapembe, lakini kamba hiyo iwe ikipwaya kama inavyoonyeshwa katika picha hii.

Teaching them to work:

First: Tie the rope around the neck of each bullock. You can use any strong rope that is 1/2" thick. Do not tighten the rope, it should be loose around the neck like a chain of beads.

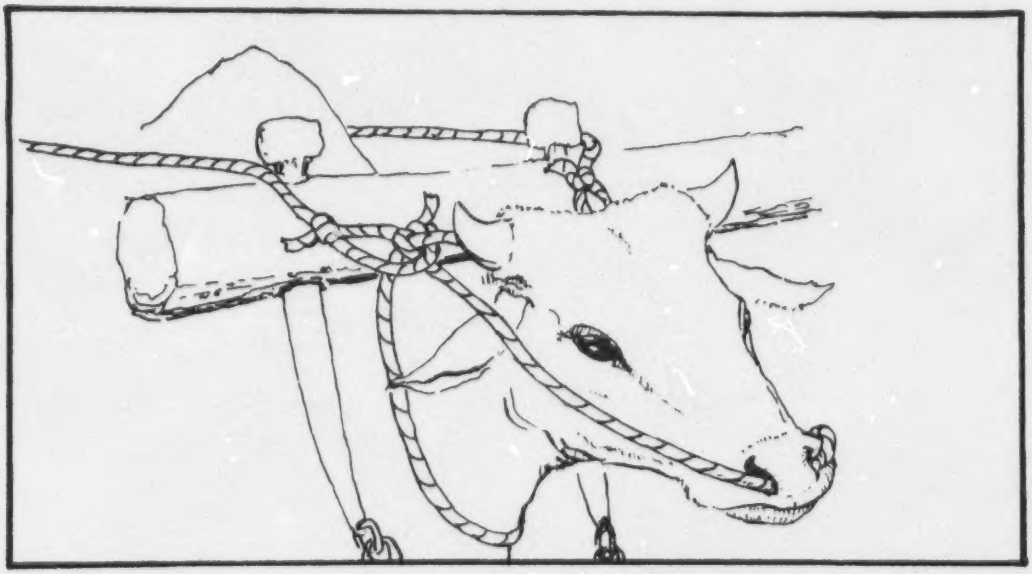
Second: Tie a yoke to the two bullocks. Take two long ropes and join each to the nose and neck ropes of each bullock. Place these two long ropes on top of the yoke, so that they pass over the backs of the bullocks to the person who is leading them at the back (Picture 3).

PICTURE 3. After putting the ropes through the bullock's nose, tie another loose rope around his neck. Then tie both these ropes with a long rope. Then pass this long rope over the back of the bullock to the leader at the back.

Kuwafunza Kazi:

Kwanza: Kila maksai mfunge kamba shingoni. Unaweza kutumia kamba yo yote imara yenye unene kama nusu inchi. Usiikaze kamba hiyo bali iwe ikipwaya shingoni kama vile ushanga.

Pili: Wafungie nira maksai hao wawili. Chukua kamba ndefu mbili na kila moja unganisha na kamba ya puani na ile ya shingoni ya kila maksai. Pitisha kamba hizo mbili ndefu juu ya nira kupitia migongoni kwa maksai mpaka nyuma kwa mtu anayewaongoza (Picha 3).



PICHA 3. Baada ya kutia kamba katika pua, funga kamba nyingine shingoni ambayo pia hupwaya. Halafu funga kamba hizo mbili pamoja kwa kamba ndefu. Kisha pitisha kamba hiyo ndefu juu ya mgongo wa maksai hadi nyuma kwa kiongozi.

Third: At the middle of the yoke between the bullocks tie a long and heavy tree trunk that has a V-shape on one side. The reason for using a tree trunk with this shape is so that it will not sway back and forth. (Picture 4) Two other ropes are to be tied to the horns to lead the bullocks when training.

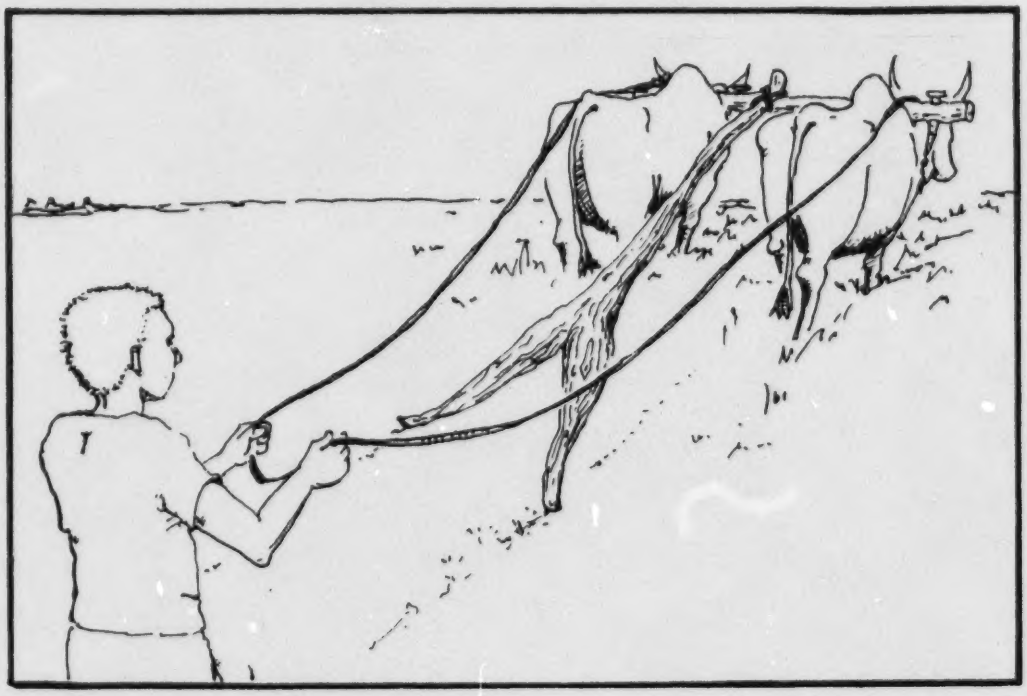
When the bullocks are used to carrying the neck yoke and pulling the tree trunk, the second thing to teach them is to obey commands.

PICTURE 4. One month after piercing, tie the bullocks together with a yoke, together with a long tree trunk which you will teach them to pull. You can also see the leader at the back holding those two long ropes.

Kuwafunza Kazi

Tatu: Funga juu ya nira, katikati ya maksai, jiti refu na zito lenye umbo la V upande mmoja. Sababu ya kutumia jiti lenye umbo hilo ni kwamba halitakuwa likiyumbayumba (Picha 4). Kwa kufunza tu, kamba nyingine hufungwa katika pembe kwa ajili ya kuongoza maksai.

Maksai wakisha zoea kuibeba nira shingoni na kulivuta lile jiti, kazi ya pili ni kuwafunza kufuata amri.



PICHA 4. Baada ya mwezi mmoja hangu kutogwa, wafunge nira maksai pamoja na jiti refu ambalo utawafunza kulivuta. Katika picha unaweza kuona pia zile kamba mbili ndefu amezishika kiongozi nyuma.

Teaching Commands:

When starting work, always command the bullocks by saying 'GO'. When they stop, strike the back lightly with a stick or whip.

Do not beat them, but rather startle them with the whip. The habit of beating is a cruel thing to do to animals and so it is not good. If you want them to stop, command them by saying 'STOP'. When saying this, pull the two ropes hard until they stop.

If you want the bullocks to turn to the right, pull the two ropes together abruptly. Then pull the rope to the right. You can command the bullocks by saying 'RIGHT' when pulling the rope.

When you want them to go to the left, hold both ropes with one hand. Then pull with a long pull. Finally, pull slowly and then quickly jerk the ropes to the left and command them 'LEFT'.

Remember that it is difficult for an animal to learn to turn right or left. When pulling the ropes hold both in one hand. Do not hold each rope in one hand and then pull only one rope. This will make one bullock stop and the other get ready to turn. In the end, the yoke and other equipment may break.

Bullocks who are well-taught can turn properly when commanded. When the bullocks are leading properly let go of the ropes so that you do not pull them accidentally.

Kufunza Amri:

Unapoanza kazi kila mara waamrishe kwa kusema "NENDA" wakisita wachape kidogo mgongoni kwa mjeledi au fimbo.

Usiwachape kila mara, bali wasitue kwa mjeledi. Tabia ya kuwapiga ni kitendo cha ukatili kwa wanyama kwa hiyo haifai. Ukitaka wasimame waamrishe kwa kusema "SIMAMA". Unaposema hivyo, vuta zile kamba mbili ndefu kwa nguvu mpaka wasimame.

Ukitaka maksai wageuke kulia vuta kamba zote mbili pamoja kwa kusituasitua. Kisha waelekeze upande wa kulia. Unaweza kuwaamrisha "KULIA" unapovuta kamba.

Ukitaka waelekee kushoto, shika kamba zote mbili kwa mkono mmoja. Halafu vuta kwa mvuto mrefu. Hatimaye vuta pole pole na mara waongoze kushoto au waamrishe "KUSHOTO."

Kumbuka kuwa kugeuka kulia au kushoto ni jambo gumu kwa mnyama kujifunza. Unapovuta kamba shika zote mbili katika mkono mmoja. Usishike kila kamba na mkono wake halafu ukavuta kamba moja tu. Kitendo hicho kitamfanya maksai mmoja asimame na mwingine ajitayarishe kugeuka. Hatimaye nira na vifaa vingine huweza kuvunjika.

Maksai waliofunzwa sawa sawa huweza kugeuka bila wasi wasi baada ya kuamrishwa. Maksai wanapoongoza vizuri ziache kamba ili usije ukazivuta kwa bahati mbaya bila kukusudia.

MAJINA YA MIMEA, MITI NA MAZAO YAKE*
(Names of Plants, Trees and their Produce)

General terms

Tree -- mti(mi-)
Plant -- mmea(mi-)
Oil -- mafuta
Fruit -- tunda(ma-)
Seed -- mbegu
Flower -- ua(ma-)
Leaf -- jani(ma-)
Branch -- tawi(ma-)
Root -- mzizi(mi-)
Seedling -- mche(mi-)
Shoot, sprout -- chipuko(ma-)
Forest -- mwitu(mi-)
Savannah -- pori

*Compiled from materials in Standard Swahili-English Dictionary by the Inter-territorial Language Committee for the East African Dependencies under the direction of Fredrick Johnson; Oxford University Press: 1939.

MMMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mbaazi(mi-) *Mbaazi	Pigeon pea shrub	Cajanus cajan
Mbalungi(mi-) *Balungi(ma-)	1. Pomelo 2. Grapefruit tree	Citrus decuman Citrus grandis
Mbamba(mi-)	Poisonous plant with thorny branches	Euphorbia :pecies
Mbambakofi(mi-) Also: Mkongo(mi-) Mkoro(mi-) Mtame(mi-) Mbarikia(mi-)	Mahogany-like timber tree	Afzelia Quanzensis
Mbambangama(mi-)	Shrub with long spines	Fagara species
Mbamia(mi-) *Bamia(ma-) Also: Mbinda(mi-) *Binda(ma-)	Okra plant Okra, lady's fingers	Hibiscus Esculentus
Mbangi(mi-) *Bangi	Indian hemp plant Leaves=marijuana Seeds=oil Stems=fiber	Cannabis sativa indica
Mbarika(mi-) Also: Mbona Mdogo(mi-)	Castor oil plant	Ricinus Communis
Mbaruti(mi-)	Mexican Poppy plant	Argemone Mexicana
Mbibo(mi-) *Bibo(ma-) *Korosho(ma-) Also: Mkanju(mi-) *Kanju Mkorosho(mi-)	Cashew tree Cashew apple Cashew nut	Anacardium Occidentale
Mbigili(mi-) Mbigiri(mi-) mume Mbigiri(mi-) mke	Thorny brier-like shrub	Tribulus terrestris Pretrea zanzibaricum Pedalium
Mbiha(mi-)	Perennial herb with yellow flowers	Abutilon zanzibaricum
Mbilimbi(mi-) *Bilimbi	Cucumber tree Acid fruit like small cucumbers=chutneys	Averrhoa bilimbi

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mbilingani(mi-) *Biligani(ma-)	Egg plant Eggplant, aubergine	Solanum Melongem
Mboga(mi-) *Boga(ma-) *Mboga	Large edible gourd plant General term for any garden produce	Cucurbita Moschata
Mbono(mi-) Mbono wa kizungu	Physic-nut plant Frangipane tree	Jatropha Curcus Plumiera Acuminata
Mboza(mi-)	Tree with star-shaped fruits	Stercykua Cinerea
Mvungati(mi-) Also: Mwegea(mi-) Mnyegea(mi-) Mvongonya(mi-)	Sausage tree	Kigelia Pinnata
Mbungo(mi-) *Bungo(ma-) Also: Mkwakwa(mi-) Mbugu(mi-)	Tree with edible medlar-like fruit	Landolphia Florida
Mbuni(mi-) *Buni	Coffee plant Coffee berry	
Mbura(mi-)	Tree with edible plum-like fruit	Parinari curatellaefolium
Mbuyu(mi-) *Buyu *Ubuyu	Baobab, calabash tree Calabash=carrying water Kernel=seasoning	Adansonia Digitata
Mbwanda(mi-) Also: Mwingasiafu(mi-)	Sword bead plant	Canavalia ensiformis
Mchai(mi-) *Chai	1. Tea bush Leaves=tea 2. Lemon grass	 Cymbopogon citratus
Mchekele(mi-)	Wild olive tree	Olea europa
Mchenza(mi-) *Chenza(ma-)	Mandarin orange tree	Citrus nobilis
Mchichi(mi-) *Mbichi	Plant with edible spinach-like leaves	Amaranthus species
Mchikichi(mi-) *Chikichi *Mawese	Oil palm Fruit, nut Oil from nut	Elaeis guineensis

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mchochoni(mi-)	Plant with poisonous roots, eaten when poison removed	Dioscora species
Mchokochore(mi-)	Tree whose flowering is seen as sign that the rains are ending	
Mchokochore Dume	Weed with clinging seeds	Waltheria Americana
Mchokochore Jike	Weed with burr seeds	Urena Lobata
Mchongoma(mi-)	1. Thorny hedge shrub 2. Governor's plum tree	Euphorbia species Flacourtia indica
Mchoroko(mi-) *Choroko Also: Mchooko(mi-) *Chooko	Green gram plant	Phaseolus Mungo
Mchu(mi-)	Kind of mangrove	Avicennia Marina
Mchungwa(mi-) *Chungwa(ma-)	Orange tree	Citrus aurantium
Mdaa(mi-) Also: Msirisha(mi-)	Plant used to produce a black dye	Euclea Fruticosa
Mdago(mi-)	Weed with pink flowers	Adenium Coetaneum
Mdalasini(mi-) *Mdalasini	Cinnamon tree Cinnamon bark	Cinnamomum Zeylanicum
Mdanzi(mi-) *Danzi(ma-)	Bitter orange tree	Citrus bigaradia
Mdarabi(mi-) *Darabi(ma-) Also: Mtofaa(mi-) *Tofaa(ma-)	Rose-apple tree	Eugenia Jambosa
Mdengu(mi-) *Dengu	Plant bearing edible lentil	
Mdesha(mi-)	Shrub with white flowers	Conophrayngia species
Mdodoki(mi-) *Dodoki(ma-)	Loofah	Luffa acutangula Luffa cylindrica
Mdodoki wa kibanyani	Kind of tree	Caparis Galeata
Mduriani(mi-) Also: Mdoriani(mi-)	Breadfruit, durian tree	Durio zibethinus

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mfagio(mi-) *Fagio	Fiber plant used for brooms	Sida carpinifolia
Mfasa(ni-)	Herb with blue, daisy-like flowers	Veronica Obconioa
Mfenesi(mi-) *Fenesi(ma-)	Jack-fruit tree	Artocarpus integra
Mfenesi wa kizungu *Fenesi la kizungu	Breadfruit tree	
Mfenesi punda	Tree whose fruit not as sweet as usual	
Mfenesi tenda	Tree with very sweet fruit	
Mgigili(mi-) *Figili(ma-)	Kind of radish plant Edible roots	Raphanus Salivus
Mfiwi(mi-) *Fiwi	Lima bean plant	Phaseolus Lunatus
Mfiwi(mi-) mafuta	Bonavist bean plant	Dolichos lablab
Mforsadi(mi-) *Forsadi(ma-)	Mulberry bush	Morus Alba
Mfufu(mi-) *Fufu Also: Mfuu(mi-) *Fuu	Tree with edible small black berries	Vitex cuneata
Mfune(mi-) Also: Mgude(mi-)	Straight tall tree with white bark	Sterculia Appendiculata
Mfurungu(mi-) *Furungu(ma-)	Citron tree	Citrus medica
Mfuta(mi-) *Ufuta(futa)	1. Simsin Plant Simsin seed 2. Rozelle plant	
Mganga(mi-)	Tall shrub with branches containing latex=fish poison	Synadenium carinatum
Mgiligilani(mi-)	Coriandrum sativum	
Mgomba(mi-)	1. Banana tree 2. Plantain tree	Musa saplentum Musa paradistaca
*Ndizi	Banana	
Mgombakofi(mi-) Also: Mtongonya	Tree found in swamps	Typhonodorum Lindleyanum

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mgulabi(mi-) *Gulabi(ma-)	Litchee fruit tree	Nephelium lappasceum
Mgunga(mi-)	Kind of acacia tree	
Mgwaru(mi-) *Gwaru(ma-)	Cluster bean plant	Cyamopis psoraloides
Mharagwe(mi-) *Haragwe(ma-)	Bean plant	
Mharita(mi-) Also: Mmwaka(mi-) Mmoyomoyo	Soapberry tree Root=stomach medicine Seed=Soap substitute	Sapindus saponaria
Mhenzerani(mi-) *Henzerani	Plant producing this kind of cane	
Mhina(mi-) *Hina Also: Mhauni(mi-)	Henna plant Henna leaves=dye for staining hands	Lawsonia Inermis
Mhulihuli(mi-)	Large tree with small edible fruits	Sorindeia Madagascariensis
Minyara	Hedge plant	Euphorbia tirucalli
Mjafari(mi-)	1. Flame tree 2. Shrub with greenish-yellow flowers	Erythrina tomentosa Fagara species
Mjinga(mi-) Also: Mmaka(mi-) Msanapichi(mi-)	Frangipane tree	Plumiera Acuminata
Mjoho(mi-)	Velvet apple tree	Diospyros species
Mjohoro(mi-)	Ironwood tree	Cassia siamea
Mjoja(mi-) Also: Mjoo(mi-)	Tree used to make canoes	
Mkaa(mi-)	Candle-nut tree	Aleurites moluccana
Mkaajabali(mi-)	Shrub with silvery leaves and small pink flowers Bark=astringent medicine	
Mkabilishemsi(mi-) Also: Mwangani(mi-) Mgange(mi-)	Edible herb	Gynandropsis gynandra

MMEA/MTI NA *ZAO	PLANT/PRODUCE AND PRODUCE	GENUS NAME
Mkadi(mi-)	Kind of screw pine	Pandanus Kirkii
Mkakaya(mi-)	Flamboyant	Delonix regia
Mkambala(mi-)	Tree with thorny trunk	Acacia Brosigii
Mkandaa(mi-)	Kind of mangrove Wood=building timber Bark=dye	Ceriops Candolliana
Mkangaja(mi-) *Kangaja(ma-)	Tree bearing small kind of mandarin orange	
Mkagazi(mi-) Also: Mtendo(mi-) Mwovu(mi-) Mbawa(mi-)	Mahagony	Khaya Nyasica
Mkarafuu(mi-) *Karafuu	Clove tree	Eugenia Aromatica
Mkarafuu(mi-) maiti	Camphor tree	Cinnamomum camphora
Mkarakala(mi-) Also: Mkarati(mi-) Mtututu(mi-)	Timber tree indicates good soil	Bridelia species
Mkasiri(mi-)	Tree whose bark is used to dye nets black	Phyllanthus Floribundus
Mkasisi mkiwa(mi-)	Twining herb	Cissampelos pareira
Mkatani(mi-) *Katani	1. Sisal hemp plant 2. Mauritius hemp plant	Agave sisalana Furcreae Gigantea
Mkaumwa(mi-)	Columba root plant	Jateorrhiza palmata
Mkekewa(mi-) Also: Mkwanguachare	Weed with prickly stems	Smilax krassiana
Mkilungwana(mi-) Also: Mpyo(mi-)	Zanzibar rubber tree	Landolphia kirkii
Mkindu(mi-) *Kindu	Wild date palm	Phoenix reclinata
Mkingabale(mi-)	Flowering shrub	Pentas carnea
Mkingiri(mi-)	Shrub with spiky yellow and purplish flowers	Dichrostachys glomerata
Mkingu(mi-)	Lac-bearing tree	Albizzia lebbek

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mkirika(mi-)	Hedge plant	Ehretia species
Mkitamli(mi-)	Pemba coconut, king coconut palm tree	Cocos mucifera
Mkoche(mi-) *Koche(ma-) Also: Mkoma(mi-) Mvaa(mi-)	Hyphaene, dwarf palm	
Mkoe(mi-)	Climbing annual herb Stem/leaves contain latex=emetic medicine	Pergularia extensa
Mkoko(mi-) Also: Msinzi(mi-)	1. Kind of mangrove Bark=red dye 2. Cocoa tree	Rhizophora mucronata Bruguieragymnorrhiza Theobroma cacao
Mkomafi(mi-)	1. Tree with red wood 2. Tree found in swamps	Carapa moluccensis Xylocarpus moluccensis
Mkomamanga(mi-) *Komamanga(ma-)	Pomegranate tree	Punica granatum
Mkomwe(mi-)	Climbing plant Seeds=game counters	Caesalpinia cristata
Mkonge(mi-)	Aloe-like plant	Sansevieria species
Mkota(mi-)	Sweet sorghum	Sorghum saccharatum
Mkunazi(mi-) *Kunazi(ma-)	Chinese date, jujube tree	Zizyphus jujuba
Mkunde(mi-) *Ukunde(kunde)	Runner bean plant	Phaseolus vulgaris
Mkungu(mi-) *Kungu(ma-)	Indian almond tree Indian almond fruit	Terminalia catappa
Mkunguma(mi-)	Tall tree with pendulous pink or yellow flowers	Sorindeia usambarensis
Mkungumanga(mi-) *Kungumanga	Nutmeg tree	Myristica fragans
Mkunguni(mi-)	Tree used to make pestles	Terminalia fatraea
Mkungupwa(mi-)	Shrub with white flowers	Guettarda speciosa
Mkunungu(mi-)	Tree with compound leaves and prickles	Fagara species

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mkurungu(mi-)	Timber tree	Pterocarpus chrysothrix
Mkuyu(mi-) *Kuyu	Fig mulberry, wild fig tree	Ficus sycamorus
Mkwaja(mi-) *Ukwaju	Tamarind tree	Tamarindus indica
Mkwakwara(mi-)	Tree	Boerhavia repens
Mkwamba(mi-)	Thorny henna-like bush	Securinega
Mkwara(mi-)	Tree, wood used for firewood and fighting sticks	Millettia bussei
Mkweme(mi-) *Kweme	Climbing plant Fruit=medicine Seed=cooking oil	Telfairia pedata
Mlalangwa(mi-)	Tree with dark leaves, small fig-like fruits	Ficus bussei
Mlandawa(mi-)	Banyan tree	
Mlangali(mi-)	Tree	Euphorbia species
Mlilana(mi-)	Kind of mangrove	Sonneratia caesoliria
Mlimau(mi-) *Limau(ma-)	Lemon tree	Citrus linonum
Mliwa(mi-) *Liwa	Tree with aromatic wood Wood of tree	Spirostachys africana
Mlongama(mi-)	Tree whose bark is used to make a yellow dye	
Mmakanuka(mi-)	Almond tree	Nidorella microcephala
Mmavimavi(mi-)	Tree with unpleasant smelling flowers	Celtis durandii
Mmumunye *Mumunye	Bottle-gourd plant Gourd=vegetable like vegetable marrow	Lagenaria vulgaris
Mnanaa(mi-)	Mint	Mentha viridis
Mnanasi(mi-) *Nanasi(ma-) *Unanasi	Pineapple tree Pineapple fruit Inside of plant=fiber	Ananas comosus

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mnavu(mi-)	Kind of solanum	Solanum nigrum Solanum nodiforum
Mnazi(mi-) *Nazi *Tembo *Kuti(ma-)	Coconut tree Full-grown coconut Sap =native beer Leaf=thatching	Cocos nucifera
Mnidimu(mi-) *Ndimu	Lime tree	Citrus aurantifolia
Mng'ongo(mi-)	Tree whose fruits are eaten in times of famine	Sclerocarya caffra
Mninga(mi-)	Timber tree	Pterocarpus bussei
Mnjugu(mi-) *Njugu Also:*Karanga	Peanut plant	
Mnjugunyasa(mi-) *Njugu Also:*Karanga	Monkey nut plant	Arachis Hypogaea
Mnjugumawe(mi-) *Njugumawe	Madagascar, bambara groundnut plant	Pterocarpus bussei
Mnukavundo(mi-)	Shrub herb, used as medicine to bathe in	Cassia occidentalis
Mnyamata(mi-)	Perennial herb, used as aphrodisiac	Pseudarthria hookeri
Mnyanya(mi-) *Nyanya	1. Native tomato plant 2. English tomato plant	Lycopersicum cerasitorme Solanum lycopersicum
Mnyanya(mi-)Mshumaa	Long red tomato plant	
Mnywanywa(mi-)	Salt bush	Pluchea Dioscorides
Mpamba(mi-) *Pamba	Cotton plant	
Mpambauke(mi-)	Shrub with aromatic leaves and greenish flowers	Lippia asperifolia
Mpapindi(mi-)	Kind of palm tree Seeds=flour during famines	Cycas Thouarsii
Mpea(mi-)	Avocado pear tree	Persea americana

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mpera(mi-) *Pera(ma-)	Guava tree	Psidium guajava
Mpera wa kizungu *Pera la kizungu	Rose-apple tree	Eugenia jambosa
Mpilipili(mi-) *Pilipili	Red/white pepper plant	Capsicum annuum
Mpilipili hoho *Pilipili hoho	African pepper plant	Capsicum frutescens
Mpilipili manga *Pilipili manga	Black pepper plant	Piper migrum
Mpingi(mi-)	Thorny tree with tart red fruit	Ximenia americana
Mpingo(mi-)	Ebony tree	Diospyros ebenum Dalbergie melanoxylon
Mpira(mi-) *Mpira	Tree producing india rubber	
Mpopoo(mi-) *Popoo	Areca palm bearing betel nut=chewed	Areca catechu
Mpunga(mi-) *Mchele	Rice plant Husked rice	Oryza sativa
Mpungate(mi-)	Prickly pear cactus	Opuntia species
Mpupu(mi-)	Cowitch bean plant	Mucuna pruriens
Mpurule(mi-)	Shrub whose seeds are used for hookworm medicine	Chenopodium species
Mratabu(mi-)	Sapodilla plum tree	Achras zapota
Mranaha(mi-)	Plant whose leaves are smoked for chest ailments	Datura metel
Mrihi(mi-)	Tree used for making canoes and houses	Brachystegia edulis
Mronge(mi-)	Horseradish tree Pods=seasoning Roots=substitute for pods	Moringa pterigosperma
Msaji(mi-)	Teak tree	Tectona grandis
Msambale(mi-)	Rice plot weed	Lobelia fervens
Msambia(mi-)	Tall tree with dark red plum-like fruits	Pachystela brevipes

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Msanaka(mi-)	Kind of screw pine Leaves=fiber	Panadanus species
Msandali(mi-)	Sandalwood tree	Santalum album
Msandarusi(mi-)	Gum coral tree	Trachylobium verrucosum
Msasa(mi-)	Plant whose leaves are used to smooth wood	Ficus species
Msegese(mi-) Bar	Tree used to make bedsteads Roots=bronchitis medicine Bark=red dye Pods=soap substitute	Bauhinia
Mshelisheli(mi-) *Shelisheli(ma-)	Breadfruit tree	Artocarpus incisa
Msiga(mi-)	Tree whose branches are chewed for toothbrushes	Dobera loranthifolia
Msikundazi(mi-)	Tree used to make boats	Xylocarpus moluccensis
Msindusi(mi-)	Tree used to make poultices for swellings	
Msinga(mi-)	Tree whose roots used to make chest medicine	Trema guineensis
Msolo(mi-) *Solo	Thorny shrub Seeds=game counters	Caesalpinia cristata
Mubili(mi-)	Aloe plant	Aloe spicata
Msufi(mi-) *Sufi Also:*Usufi	Cotton kapok tree	Bombax rhodognaphalon Ceiba pentandra
Msufi(mi-) wa bara	Lalang grass	Imperata cylindrica
Msunguti(mi-)	Thorny tree with purple fruit Bark=dye Seed=arrow poison	Acocanthera longiflora
Mswaki(mi-)	Trees, shrubs whose twigs chewed for toothbrushes	Salvadora persica Dobera loranthifolia
Mtakawa(mi-)	Yellow tulip tree	Thespesia populnea
Mtalawanda(mi-)	1. Tree used to make wooden clogs, fish-traps 2. Tulip tree	Mimusops densiflora Markhamia

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mtama(mi-)	Millet, kaffir corn	
Mtambuu(mi-)	Betel plant	Piper betel
Mtangawizi(mi-) *Tangawizi	Ginger plant	Zingiber officinale
Mtango(mi-) *Tango(ma-) Also:*Kitango(mi-)	Native cucumber	Cucumis sativus Cucumis metuliferus Cucumis melo
Mtasbihi(mi-)	Wild canna Seeds=beads	Canna bidentata
Mteba(mi-)	Climbing plant with scarlet berries Stems=rainmaking ceremonies	Flagellaria guineensis
Mtende(mi-)	Date palm	Phoenix dactylifera
Mtikiti(mi-) *Tikiti(ma-) Also:*Tikiti maji	Watermelon plant	Citrullus vulgaris
Mtimaji(mi-)	Tree whose seeds are used to make cooking oil	Trichilia emetica
Mtini(mi-) *Tini	Fig tree	Ficus carica
Mtipitipi(mi-)	Climbing plant with poisonous red berries	Abrus precatorius
Mtobwe(mi-)	Shrub used to make walking sticks	Strophanthus courmonti
Mtofaa(mi-) *Tofaa(ma-) Also: Madarabi	Rose apple tree	Eugenia jambosa
Mtomoko(mi-) *Tomoko(ma-) Also: Mstafeli(mi-) Mtokwe(mi-)	Bullock's heart, custard apple tree	Anono reticulata
Mtomondo(mi-) *Tomondo(ma- Also: Mtofaa(mi-	1. Malay apple tree	Eugenia malaccensis
	2. Tree found near streams	Barringtonia racemose
Mtondoo(mi-) *Tondoo(ma-)	Tree bearing fruit with seed rich in oil	Calophyllum inophyllum

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mtonga(mi-)	1. Shrub herb 2. Tree 3. Tree with orange fruit	Solanum obliquum Strychnos engleri Strychnos spinosa
Mtongotongo(mi-)	Tree with poisonous sap	Euphorbia abyssinica
Mtopetope(mi-) *Topetope(ma-)	Sweetsop,. sugar apple tree	Anona squamosa
Mtopetope mwitu *Topetope mwitu	Wild custard apple tree	Anona senegalensis
Mtubwi(mi-)	Yam	Dioscorea species
Mtumbako(mi-) *Tumbako *Shuku	Tobacco plant Smoking tobacco Chewing tobacco	Nicotina tabacum
Mtunguja(mi-)	Shrub with fruit which is edible when young but poisonous when ripe Fruit/roots=medicine for yaws and syphillis	Solanum bojeri
Mtungule(mi-) *Tungule(ma-) Usually:*Nyanya Also: Mnyanya(mi-)	European tomato plant	Solanum lycopersicum
Mtupa(mi-)	Refers to plants used for making fish poisons:	
	1. Twining succulent herb	Cynanchum sarcostemmatoides
	2. Succulent tree with yellow-green flowers and latex which causes temporary blindness	Euphorbia tirucalli
	3. Shrub with purple flowers and hairy pods	Tephrosia vogellii
Mtupa wa porini	4. Tree with purple flowers	Mundulea sericea
Mtupa wa pwani	5. Shrub with silvery branches and yellow pods	Sophora tomentosa
Muhindi(mi-) *Muhindi	Indian corn plant, maize	Zea mays
Muhogo(mi-) *Muhogo *Hogo(ma-) Also: Mhogo(mi-)	Cassava, manioc plant Collective term for roots Large root	Manihot aipi
Muwa(mi-)	Sugar cane	Saccharum officinarum
Mvinje(mi-)	Whistling willow, beef-wood tree	Casuarina equisetifolia

MMEA/MTI NA *ZAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mviru(mi-)	Tree with edible fruit Roots= stomach medicine	Vangueria adulis
Mvuje(mi-)	Tree with evil-smelling gum=wards off evil spirits	Asafoetida
Mvule(mi-)	East African teak tree	Chlorophora excelsa
Mvumanyuki	Shrub	Premna chrysoclada
Mvumba(mi-) mkuu	Herb with aromatic leaf	Ocimum suave
Mvumbasi(mi-)	Herb with aromatic leaf	Ocimum species
Mvumo(mi-)	Deleb, palmyra palm	Borassus flabellifera
Mwale(mi-)	Raphia palm	Raphia monbuttorum
Mwambula(mi-)	Perennial herb with poisonous roots	Plumbago zeylanica
Mwanga(mi-)	African arrowroot plant	Tacca pinnatifida
Mwangati(mi-)	African cedar tree	Juniperus procera
Mwanzi(mi-)	Kind of bamboo	Bambusa species
Mwaridi(mi-) *Waridi *Halwaridi	Rose bush Rose flower Rose perfume	Rosa Damasceni
Mwavi(mi-)	Kind of acacia Bark=used in rituals, poisonous	Erythrophloeum
Mwede(mi-)	Aromatic shrub with edible purple fruits	Lantana salvifolia
Mwele(mi-) *Wele(ma-)	Bullrush millet plant Millet grain	Pennisetum malacochaete
Mwembe(mi-) *Embe(ma-)	Mango tree	Mangifera indica
Mwembe wa kizungu	Otakeite apple tree	Spondia mangifera
Mwerezi(mi-)	Cedar tree	Pygeum africanum
Myomba(mi-)	Tree whose bark is used to make cloth	Brachystegia species
Myugwa(mi-) *Jimbi(ma-) *Mayugwa	Taro plant Root Leaves=spinach-like vegetable	Colocasia antiquorum

MMEA/MTI NA *ŻAO	PLANT/TREE AND PRODUCE	GENUS NAME
Mzabibu(mi-) *Zabibu(ma-)	Grape vine	Vitis vinifera
Mzabibu mwitu		Heeria mucronata Ampelocissus grantii
Mzambarau(mi-) *Zambarau(ma-)	Java plum tree	Syzygium jambolanum
Mzeituni(mi-) *Zeituni	Cultivated olive tree	
Mzikoziko(mi-)	Ipecacuanha Roots=emetic	Psychotria species
Mziwaziwa(mi-)	Umbrella grass	Cyperus alternifolius
Mzumai(mi-) Also: Mchai(mi-)	Khuskhus grass	Vetiveria zizanioides
Kiazi(vi-)	Sweet potato	Ipomea batatas
Kiazi(vi-) sena	White potato	
Kiazi(vi-) kindoro	Red potato	
Kiazi(vi-) kikuu	Yam	
Kitunguu(vi-)	1. Onion	Allium cepa
	2. Shallot	Allium ascalonicum
Kitunguu(vi-)soumu	Garlic	Allium sativum
Wanga *Wanga	Arrowroot plant	Maranta arundinacea

BAADHI YA MAJINA YA SAMAKI WA MAJI CHUMVI
SOME NAMES OF SALT WATER FISH

KISWAHILI/KIENYEJI	KIINGEREZA/COMMON NAMES	KISAYANSI/GENUS NAMES
Boya	Blemny	Blemius
Bumboo	Lizardfish	Saurida
Bunju	Porcupine	Dicdon hystrik
Chaa	Gerres Oyena	Xystaema oyena
Chache	Rupp	Sardinella sirm
Chale	Devilfish or stingfish	Pterois volitans
	JAMII YA CHANGU	
Changu Chole	Lac	Lethrinus lentjan
Roba	Bareface	Lethrinella miniatus
Nyavi	Bareface	Lethrinella Conchyliatus
Changu donda	Bareface	Lethrinella kalloplerus
Tuku	Bareface	Lethrinella kalloplerus
Chaza	Oyster shell	Oyster
Chechemvule	Callionymidae	Callionymus spiniceps
Chewa	Rock cods	Grammister
Chuchunge	Forsk	Hemirhamphusfar
Dagaa-papa	Sardines	Sardinella
Gayogayo	Solefish	Psettodes erumei
Hanisi	Samon	Elops saurus
Hongwe	Catfish	P. angullaris
	JAMII YA TUNNA	
Jodari	Yellowfish Tuna	Thunnus albcora
Kanadi	Striped marlin	Callionymus quttatus
Kangaja	Lacepede	Paracanthurus theuthis
Karamamba	Bull or Grunter	Pomadasys maculatus
Kibaazi	Forsk	Hollocentrus rubrum
Kichachange	Forsk	Caranx ignobilis
Kifimbo	Linn	Megalops cyprinoides
Kifuu	Soldierfish	P. angullaries
Kikande	File Fish	Stephanolepis
Kipepeo	Rega	Chaetodon marleyi
Kolekole	Forsk	Caranx djedda
Kui	Tigerfish	Therapon
Kuku	Angel fish	Pomacanthus
Kuwi	Thornhead	Terapanjarbus

BAADHI YA MAJINA YA SAMAKI WA MAJI CHUMVI

KISWAHILI/KIENYEJI	KIINGEREZA/COMMON NAME	KISAYANSI/GENUS NAMES
Masikati	Lac	Scomberomorus commerson
Mbwawasu	Sailfish	Sailfish
Mbilili	Lac	Syncelus variegatus
Mbinini	Indian flat-head fish Sandfish	Platycephalus indicus
Mbuzi bahari	Lootsman	Remore remora
Mboo ya mvuvi	Smelt	Parapereis
Mbuzi bahari	Shark sucker	Encheneis naucrales
Mjombo	Kabeljaauw	Sciaena hololepidotus
Mkundaji	Goatfish	Mulloidichthys auriflamma
Mkunga	Moray	Lycodontis undulatus
Mkunga	Conger eel	Conger
Mkonge	Forsk	Chirocentrus dorad
Morani	Flying fish	Evolantia microterus
Mororo au Songoro	Amberfish	Seriola lalendii
Mwatiko	Forsk	Chanos chance
Mzia	Picudas	Aqrioposphraen
Ndwalo	Striped Marlin	Striped marlin
Ngalala	Halfbeaks	Hemirhamphusfar dussumieri
Ngazija	Wahoc	Acanthocybium soladri
Ngogo	Machoiron	P. arab
Ng'ombe	Boxfish or Cowfish	Lactoria diaphana
Nguru	Kingfish	Scomberomerus commerson
Pandu	Queenfish	Choriaem tol
Nyenga	Forsk	Caranx djedda
Pandu	Geelbek	Atractoscion aequiden
Panji	Dolphin	Coryphena hippurus

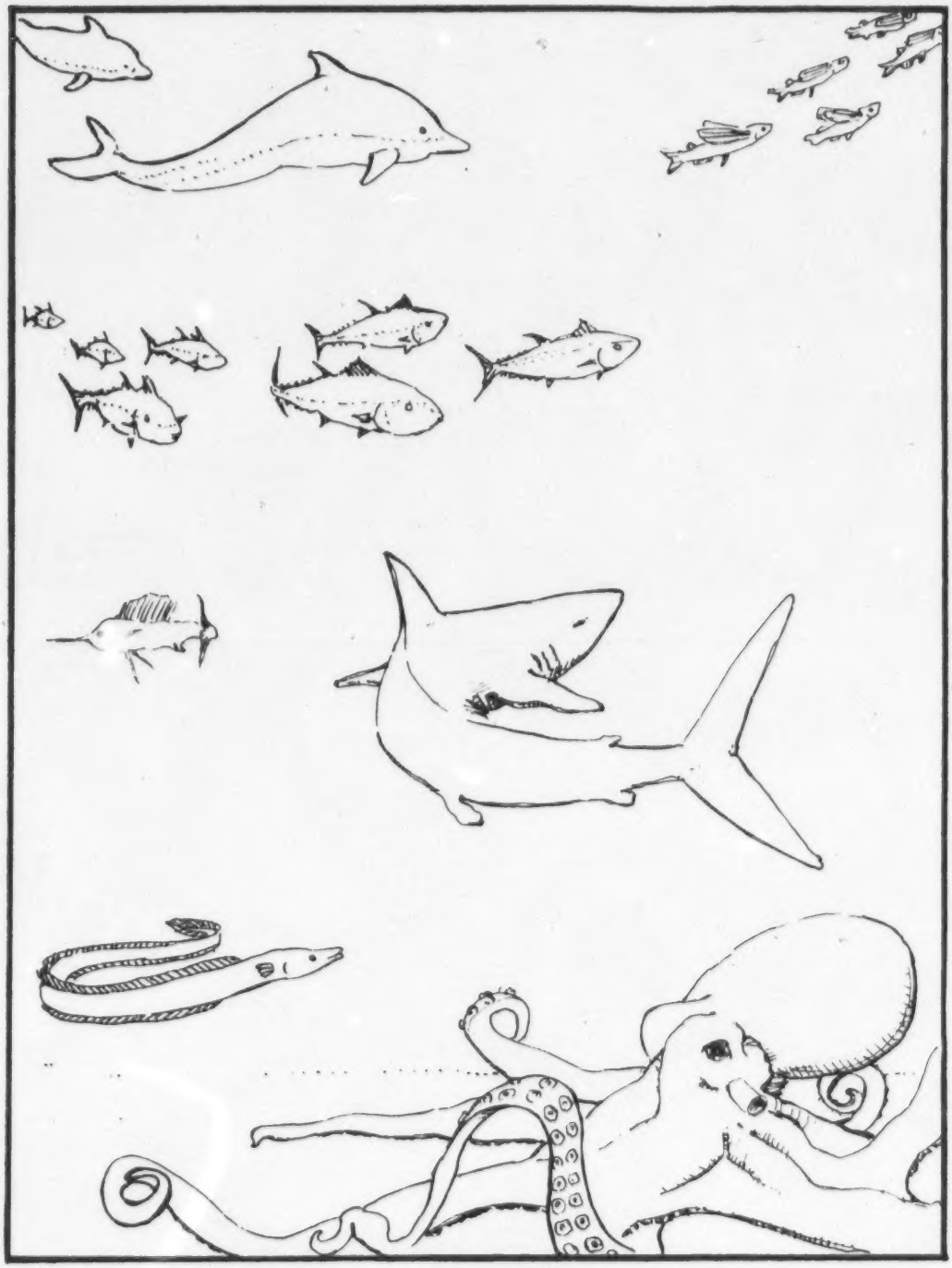
JAMII YA PAPA

Papa	Sharp-nosed shark	Carcharinus acutus
Papa usingizi	Great white shark	Carcharodon carcharias
Papa charawanzi	Angel shark	Squatina africana
Papa upanga	Sawfish or sawa shark	Pristis pectinatus
Papa charawanzi	Sand shark	Rhynchobatus djeddenis

Paramamba	Corvina	Johnius soldado
Pele	Ben	Megalops cyprinoides
Pomboo	Dolphin	Ciryphaena hippurus
Puju	Unicornfish	Naso brevirostris
Pungu	Eupharasen	Stoasodon narinari
Pono	Parrot fish	Callydon
Pweza	Octopus	Octopus

BAADHI YA MAJINA YA SAMAKI WA MAJI CHUMVI

KISWAHILI/KIENYEJI	KIINGEREZA/COMMON NAME	KISAYANSI/GENUS NAMES
	JAMII YA PAPA (continued)	
Sansuli	Blue marlin	Blue marlin
Sehewa	Maqueall doux	Coryphena hippurus
Sese	Pompano	Trachynotus ovatus
Simsim	Cardinal fish	Plectropoma
	JAMII YA SULI SULI	
Sulisuli	Spearfish	Tetrapterus
Sulisuli au Nduwara	Swordfish	Xiphian
Sungurababa	Razorfish	Alolisons
Tasi	Rabbitfish	Sigamus oromin
	JAMII YA TAA	
Taajiwe	Thornback or Buckler skate	Rais clavata
Taa sela	Common European skate	Raia batis
Taa maji	Electric rays	Torpedo fuscomaculata
Tenga	Show	Mobula diabolus
Tenga	Walbaum	Manta birostins
Tungu	Plan tax	Decapterus
Ujasi	Longtailed carax	Caranx senegallus
Vibaanzi	Lion	Myripristic melanostictus
Vumba	Sandscraper	Platycephalus indicus



BAADHI YA MAJINA YA SAMAKI WA MAJI BARIDI
SOME NAMES OF COLD (FRESH) WATER FISH

KISWAHILI/KIENYEJI	KISAYANSI/KIINGEREZA
JAMII YA DAGAA	
Dagaa	Engraulicypris Sardinella
Dagaa/Karumba	Stolothrissa Tanganicae
Furu/Masembe	Haplochromis
JAMII YA KAMBALE	
Kambale/Mumi	Clarias/Mosambicus
Nembe	Schilbe moystrus
Kambale Mamba/Kamongo	Protopterus aethiopicus
Kavungwe	Auchenoglanis
Kuhe	Boulanelochromis
Kungura	Thylochromis
Shanana	Chrysichthys
Kuyo/Mbirigi	Barbus Microlepis
Manje/Kachinga	Hyrocynus
Mawinga	Erranochromis
Mawuwu	Rhamphochromis
Mbapala	Distichodus
Mbaza/Mchena	Citharinus
Mbaraga	Capocta
JAMII YA MBETA	
Mbete/Domodomo	Mormyrus Kanune
Mbete/Domodomo	Mormyrus Microcephalus
Mibanga/Mibumba	Bathybates
Mbofu/Kibonde	Bagrus
Ndubu	Simochromis
JAMII YA PEREGE	
Ngege	Tilapia esculenta
Mbiru	Tilapia Vaviabilis
Perege	Tilapia Zilii
Perege	Tilapia Melanoplaura
Perege	Tilapia Nilotica
Perege	Tilapia Pangani
Perege	Tilapia Hybrid

BAADHI YA MAJINA YA SAMAKI WA MAJI BARIDI

JAMII YA SYNODONTIS	
Ngoro/Kayageyege	Synodontis
Mshekele	Polypterus
Milombo/Mkunga	Mastacembelus
Nyika/Manikwe	Melapterurus
Mibumba/Malembela	Hamibates
Migebuka	Luciolates
Nonzi	Lates acrolepis
Singa	Dinopterus
Vimbumbu	Gnathonemus

ALL ABOUT THE COCONUT TREE*

The coconut tree is a good tree from the coast. It is of the same family (type) as the oil plam, the wild date palm, and the raphia palm. That's why it doesn't have leaves which resemble the leaves of a mango tree or a guava tree. The coconut tree does not have leaves, it has fronds (makuti). And the way that it produces is also different (from other trees). First it forms a flower stem in the middle of the fronds, just like a maize plant. When the tough leathery sheath of the flower stem breaks, it puts out a branch which then forms flowers.

The flowers which are regularly ordered like rice in a husk don't reproduce. Those that reproduce are situated under the branches of the tree and they become small round masses called kidaka (a young coconut).

The young nut (kidaka) grows and starts to form water inside, at which time it has become a kitale (half-grown nut). The half-grown nut (kitale) will swell until it's filled with a delicious liquid which can be drunk; and inside is a newly-formed soft nutty substance which can be licked off and has a very sweet taste. Now the nut is a dafu (full-grown and full of milk).

When the full-grown nut (dafu) has grown until you hear water inside if you shake it, that is when it is called koroma (a coconut just becoming ripe). Its water is no longer very tasty. And when the nutty part inside has hardened, it is no longer a koroma but rather it is a nazi, i.e., a coconut.

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* This story is from Someni kwa Furaha, Kitabu cha 3, by A. Loogman, T. Nelson & Sons, Ltd., 1969.

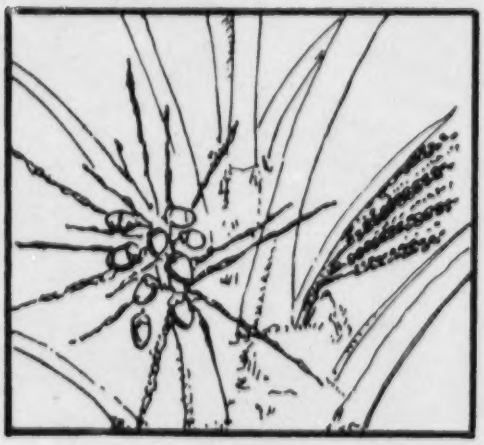
HABARI ZA MNAZI

Mnazi ni mti bora wa pwani. Ni mti wa namna ya mchikichi, na mkindu, na mwale. Maana mnazi hauna majani ya kufanana na majani ya miti iliyo aina ya mwembe na mpera. Mnazi hauna majani, una makuti. Na kuzaa kwake kwigine pia. Kwanza hutunga kalala katikati ya makuti, jinsi yake kama muhindi. Kalala likipasuka latoa kole, nalo likichanua lafanya maua.

Maua yaliyopangiliana mfano wa mpunga hayazai, yenye kuzaa yamekaa moja moja chini ya vitawi, yamekuwa vidonge, huitwa vidaka.

Kidaka kinakua, kinaanza kutunga maji ndani, kinakuwa kitale. Tena kitale kitavimba mpaka kujaa maji mazuri ya kunywa, ndani kimepakwa ulambilambi wa kukomba, nacho chakula kitamu sana. Sasa si kitale tena, ni dafu.

Dafu likiisha kukua zaidi, hata ukilisuka wasikia maji, ndipo liitwapo koroma. Maji yake hayapendezi tena. Nyama ikiwa ngumu ndani si koroma tena, ni nazi.



ALL ABOUT THE COCONUT TREE
(continued)

When the fibruous husk of a coconut (nazi) fades and loses its color completely, it is known as mbata (when the nutty part inside has loosened from the shell and the nut is ready to be thrown down from the tree).

A coconut tree has very many uses. First of all, people use the water inside the full-grown, full-of-milk nut (dafu). Others make pombe (palm-wine) or tembo (native beer). The coconut tree tapper, using his kotama (thin curved broad-bladed knife used to get palm wine), cuts the kalala (young flower stem which has not yet opened) and then sticks it into kibuyo (calabash). Then the watery substance which is inside the young coconut stem (kalala) drips into the calabash. And this is sweet native beer (tembo). But people do not use it this way. If it is left in the calabash for a day it ferments a little. And if it is left to ferment for three days it becomes very strong. And (this is) indeed the root of drunkenness. People of long ago said "The fate (or livelihood) of the coconut palm tapper rests in the hand(s) of drunkards."

If the native beer is left to ferment longer it turns into vinegar which is used in food.

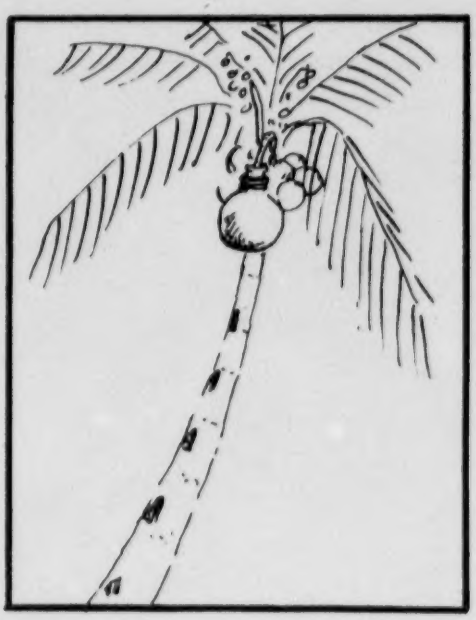
HABARI ZA MNAZI

(yanaendelea)

Nazi ikikauka makumbi, ikififia rangi kabisa, yaitwa mbata, yafaa kuanguliwa.

Mnazi una manufaa mengi sana. Ya kwanza watu hutumia maji yaliyopatikana katika madafu. Watu wengine hutengeneza pombe au tembo. Mgemi hushika kotama lake. Huvuaza kalala changa lisijafumuka bado, akalifungia kibuyu. Machozi ya kalala lililokatwa ncha hutonatona mnamo kibuyu. Ndiyo tembo tamu. Lakini watu hawaitumii hivi, la! Tembo ikiachwa siku moja katika buyu yachacha kidogo; ikichacha siku tatu imekuwa tembo kali. Ndiyo asili ya ulevi. Wahenga wakasema: Riziki za wagema mkononi kwa walevi.

Lakini tembo ikiachwa sana hata ikachachuka kabisa imekuwa siki, hutumika katika vyakula.



ALL ABOUT THE COCONUT TREE
(continued)

People like to use coconut for cooking rice. They grate the coconut using a mbuzi (a piece of iron with a serrated edge which is fitted into a board) to get chicha (the white nutty part inside the coconut after it has been grated, i.e., grated coconut). When the grated coconut (chicha) is placed in a cloth or kifumbu (a long narrow tube woven from Dwarf palm leaves) and water is run over it and squeezed through it, it produces tui (a milky extract). (This is added to the water in which rice is cooked.) After the milky coconut extract (tui) has been taken from the grated coconut (chicha), the remains are used for feeding chickens.

Coconuts (nazi) are (also) husked. That is, they are taken out of their makumbi (outer sheaths) by using a kifuo (stake fixed in the ground with a pointed end for husking) or a muo (wooden stake used to dig up stones). Then it is broken into two halves and the nutty part (that becomes chicha for making tui when cooking rice) is removed. The nutty part when it is dried is the mbata (nutty part removed from shell) which is crushed to make coconut oil. The residue which is left after removing the oil is known as shudu (refuse of seed after the coconut has been crushed to remove the oil).

Coconut oil has very many uses. It is used for lighting lamps and in workshops, and also in making soap and butter.

HABARI ZA MNAZI

(yanaendelea)

Watu hupenda kutumia nazi katika wali. Hukuna nazi kwa mbuzi, hupata chicha. Chicha zikikamuliwa hutoa tui, baki machicha wanayokula kuku. Tui la nazi huchujiwa hivi kwa kifumbu.

Nazi hufuliwa, yaani huondolewa makumbi kwa kifuo au muo. Halafu hupasuliwa vizio viwili, hukopolewa nyama. Nyama ikianikwa ndiyo mbata inayoshindikiwa mafuta. Yenye kubaki baada ya kupata mafuta huitwa shudu.

Mafuta ya nazi yana matumizi mengi sana. Hutumika kwa kuwasha taa na katika karakana, na kwa kufanya sabuni na siagi.

PART IV - POLITICS

Introduction

The materials in this section were included to help you learn how to read the newspaper in Swahili and to talk about politics. Many of the political words used today in the newspapers, as well as in the spoken language, cannot be found in the dictionaries or, if they are listed, their current political significance is not described. For this reason, most of the material in this section consists of vocabulary lists, plus a listing of different government offices and officials. This second list will help you become acquainted with the organization of the government, in addition to providing you with the names of the various ministries and officials which you might read about in the newspapers.

Finally, in order to help you get started, two brief political readings have been included; most of the unfamiliar vocabulary in these articles has been included in the vocabulary list provided in this section. For those words which you do not know, and which cannot be found in the vocabulary list, try figuring out what they mean from the context of the article in which they are used. Learning to understand new words from their context is an important skill to work on. When you have finished these articles, try reading some articles in a current newspaper.

MANENO YA KISIASA*

(Political Vocabulary)

A

adui(ma) -- enemy
amana -- trust, tranquility
amri -- order, command
-apishwa -- be sworn in
-andikisha -- register
-angusha utawala -- overthrow (a regime)
askari -- policeman
-azimia -- 1. resolve, decide
2. propose, declare
azimio(ma) -- 1. declaration
2. proposal
3. charter

B

badiliko(ma) -- change
baraza la mawaziri -- cabinet
baraza la kufanya sheria -- legislative council
beberu(ma) -- imperialist
bepari(ma) -- capitalist, bourgeoisie
biashara -- trade, business
bidha -- goods, commodity
bila kupingwa -- unopposed
bishano(ma) -- argument
bwanyenye -- bourgeoisie, petty bourgeoisie
bunge -- parliament
-buni -- form, start
bwana(ma) -- bureaucrat

C

chama(vy) -- party
chama cha utetezi -- political party, association
Chama cha Umoja wa Afrika -- Organization for African Unity
cheo(vy) -- post, position
-chochea -- agitate
-chokoza -- provoke
chombo(vy) -- tool, organ
-chukua -- nationalize, take over

D

-dai -- 1. demand
2. claim, allege
demokrasi -- democracy
-dhamini -- put in trust
-dhihaki -- abuse
dhulumu -- oppression
-dhuru -- destroy
dikteta -- dictator
doezi(ma) wa wabepari -- bourgeoisie hanger-on
duka la ushirika -- cooperative shop
-dumisha -- 1. practice, perpetuate
2. implement
dunia -- world

E

-elemea -- oppress
elimu -- education
-endelea -- progress, develop
endeleo(ma) -- development
-enea -- be spread, be expanded
-eneza -- spread, expand

F

farakano(ma) -- dissension
-fanya sheria -- legislate

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*Most of the vocabulary was taken from 'The Development of Political Vocabulary in Swahili' by C.W. Temu, Kiswahili 41/2: 1971.

G

-gawanya -- divide
geuzo(ma) -- reform, change
geuzo la utawala -- change of administration
gharama -- cost
ghasia -- confusion, complication
-goma -- strike, sabotage
-gomea -- boycott

H

hadhara -- public
haki -- right, rights
haki za binadamu -- human rights, democratic rights
halali -- legal
hali -- state, condition
halmashauri -- committee
hatari -- danger
hati -- certificate
hatua -- step
-heshimu -- respect
himaya -- administration
hitilafu -- differences
hotuba -- speech, address
-hudhuria -- attend
-hutubu -- give a speech

I

imani -- 1. confidence
2. spirit, creed
imani ya kisiasa -- ideology
imani ya kithaura -- revolutionary spirit
-imarisha -- strengthen, reinforce
-ingilia -- infiltrate
istiimari -- colonialism, imperialism
ithibati -- strong, concrete
itikadi(ya siasa) -- ideology

J

-jadili -- discuss, talk
jamii -- society, union
-jenga -- build
jeshi(ma)-- army
-jilinda -- safeguard self
jimbo(ma) -- province, region
-jitahidi -- try hard, endeavor
-jitenga -- break away from
-jitenga -- break away from
-jitegemea -- depend on self
-jitolea -- surrender
-jizulu -- resign oneself
jumba(ma) ya serikali -- state house
jumbe(ma) -- delegate
jumuiya -- community

K

kabaila -- feudalist
kabila(ma) -- tribe
-kagua -- inspect
kamati(komiti)-- committee
kambi -- camp
kampuni -- company
kanuni -- principles, code
-kanusha -- deny, refute
-kata shauri -- decide
katiba -- constitution
kazi -- work, service
(-a)kijamaa -- cooperative, socialist
kikoloni -- colonial
kikundi(vi) -- sect
kilimo -- agriculture
kilimo cha kujikimu -- subsistance agriculture
kishawishi(vi) -- attraction, temptation
(-a)kithaura -- revolutionary
(-a)kiuchumi -- economic
kodi -- tax, rent
-koma -- cease
-komesha -- stop, prevent
-kubali -- agree
kundi(ma) -- group, party
kumbukumbu -- manifesto, record
kutofungamana (na upande wo wote)-- non-alignment

M

maamuzi -- decision
maandamano -- 1. procession
2. demonstration
madaraka -- responsibilities
madhumuni -- purpose, intention
mageuzi -- changes
mageuzo -- transformation
mageuzo ya kijamii -- social transformation
makoloni -- colonies
makorofi -- misfortunes, destruction
mamlaka -- 1. responsibilities
2. power, authority
3. status
mambo -- affairs
mambo ya nchi -- national affairs
mambo ya utwawala -- state affairs
maoni -- views
maongozi -- 1. blueprint, manifesto
2. agreements
3. compromise, reconciliation
mapatano ya kazi -- labor agreement
mapigano -- fighting
mapinduzi -- revolution
marufuku -- banned, prohibited
mashindano -- competition, election
matata -- troubles, upheavals
matatizo -- problems
mbadilishaji(wa) -- revisionist
mchafuko -- chaos
mchaguzi(wa) -- voter
mfanya(wa) kazi -- worker
mfumo(mi) -- system
mfumo wa kijamii -- social system
mfumo wa kiuchumi -- economic system
mgawanyiko(mi) -- division
mgogoro(mi) -- 1. problem
2. deadlock
-miliki -- control
mjumbe(wa) -- delegate
mkataba(mi) -- agreement
mkoa(mi) -- region
mkulima(wa) -- farmer
mkutano(mi) -- meeting
mkuu(wa) -- one with authority
mpaka(mi) -- border
mpango(mi) -- plan, draft
mpingathaura -- counterrevolutionary
mpingamaendeleo -- reactionary
mshahara(mi) -- salary
msimamo(mi) -- stand
msingi(mi) -- foundation
msukosuko(mi) -- disagreement
mtaalamu(wa) -- expert
mtawala(wa) -- ruler
mtenano(mi) -- faction
mtetezi(wa) -- politician
mtoro(wa) -- refugee
muhtasari -- summary, plan
munispali -- municipal
muungano(mi) -- union, coalition
mwaliko(mi) -- invitation
mwanachama(wa) -- member
mwananchi(wa) -- citizen
mwanakomiti(wa) -- committee member
mwanasiasa(wa) -- politician
mwanathaura(wa) -- revolutionary
mwandishi(wa) -- 1. reporter
2. secretary
3. correspondent
mwenge -- torch, symbol of revolutionary spirit
mwenyekiti(w-) -- chairman
mzalendo(wa) -- inhabitant, citizen
mwenye(w-) kuhozi -- monopolist

N

nadharia -- theory
naibu -- deputy
nasihi -- advice
nchi -- country
nchi za kigeni -- foreign nations
nguvu -- force (military)

O

ombi(ma) -- request, plea
-ongoza -- lead

P

-pambana -- come together
pambano(ma) la kitabata -- class struggle
-panga -- plan
-panuka -- be widened
pato(ma) -- income
-peleza -- investigate, spy
-pendekeza -- propose
pendekezo(ma) -- 1. proposal 2. recommendation
-pendelea -- favor
-pimia -- decide
-pinduliwa kijeshi -- coup d'etat
-pinga -- oppose, reject

R

raia -- citizen
rasimu -- bureaucrat
rasmi --official
-rejea -- return
-ridhisha -- satisfy
ripoti -- report
riziki -- sustenance
rushwa -- bribery, corruption

S

serikali -- government
serikali ya madaraka -- responsible government
serikali ya taifa -- national government
serikali ya wenyeji -- local government
shabaha -- goal, objective
sheria -- laws
sheria na utengemano -- law and order
-shinda -- defeat, win
shirika -- organization
-shiriki -- share
-shirikiana -- cooperate
shirikisho -- association
shtaka -- accusation
siasa -- 1. politics 2. policy, aim
siasa ya kujitegemea -- self-reliance policy
sifu -- praise
silaha -- 1. weapon 2. means of achievement
-sitawi -- flourish
-suluhisha -- arbitrate

T

taarifa -- report, commission
taarifa ya pamoja -- joint statement
tabaka -- social class
taflisi -- bankruptcy
faifa(ma) -- nation, race
-taifisha -- nationalize
-taja -- name, mention
tajiri(ma) -- employer
-talaka -- excuse, warrant
-taliki -- divorce
-tambua -- recognize
tamko(ma) -- statement
tamko la maongozi -- statement of policy
tamshi(ma) -- pronouncement
-tangaza -- make known, proclaim
tatizo(ma) -- problem, concern
-tawala -- govern
tawi(ma) -- branch
-tegemea -- depend upon
-tekeleza -- implement
thamani -- value
-thibitisha -- confirm
-tia shaka -- doubt, suspect
tisho(ma) -- threat
-toa -- put out, extradite
-toa ahadi -- promise
-toboa -- reveal
-tukio(ma) -- event
tume ya uchunguzi -- commission of inquiry

U

uamuzi -- decision, solution
uanachama -- membership
uandikishaji -- registration
ubadilishaji -- revisionism
ubaguzi -- discrimination
ubaguzi wa rangi -- apartheid
ubishi -- argument
ubeberu -- imperialism
ubepari -- capitalism
ubwana serikali -- bureaucracy
ubwanyenye -- speculative exploitation
uchaguzi -- election
uchaguzi mkuu - general election
uchaguzi wa siri -- secret ballot
uchochezi -- agitation
uchumi -- income (national), economy
uchunguzi -- investigation
udhalimu -- oppression, tyranny
uelewano -- understanding
ufanyakazi pamoja -- collectivization
ufisadi -- corruption
ufundi -- technology
ugawaji wa kazi -- division of labor
uhamiaji -- immigration
uhasama -- antagonism, violence
uhozi -- monopoly
uhuru -- independence, freedom
uhuru wa magazeti -- freedom of the press
uhuru wa dhamiri -- freedom of speech
uhusiano -- relations
uhusiano wa kibalozi -- diplomatic relations
ujamaa -- socialism
ujira -- income (individual)
ujumbe -- delegation
ukabaila --feudalism
ukabila -- tribalism
ukoloni -- colonialism, imperialism
ukoloni mamboleo -- neo-colonialism
ukuaji -- growth
ulimwenguni -- international
ulinzi -- defence
umma -- the masses, people
umoja -- unity, union, assembly
Umoja wa Mataifa -- United Nations
unafiki -- hypocrisy
-unda serikali -- form a government
-unga -- unite
-unga mkono -- support
-unganisha -- collectivize
unyonyaji -- exploitation
uongozi -- leadership
uongozi wa pamoja -- collective leadership
upigaji kura -- voting, election
upinzani -- opposition
upotovu -- corruption
upweke -- isolation
uraia -- citizenship
urasimu -- bureaucracy
usalama -- security
usawa -- equality
shirika -- cooperative
ushirkiano -- support, cooperation
usitawi -- development, progress
ustaarabu -- civilization
utaifa -- nationalism
utajiri -- productivity
utamaduni -- civilization
utambulisho -- identification
utaratibu -- procedure
utawala -- administration
utawala wa kiraia -- civil government
utawala wa nguvu -- dictatorship
utengano -- factionalism, separation division, sectarianism
utetezi wa kitaifa -- racial politics
utu -- human dignity
utumishi -- labor
uwezo -- authority, power, ability
uyakinifu -- materialism

V

-vamia -- invade
vita -war

W

wajibu -- duty
-wakilisha -- appoint, commission

GOVERNMENT OFFICES AND OFFICIALS*

United Republic of Tanzania - Jamhuri ya Muungano wa Tanzania

Revolutionary Party (National Political Party of Tanzania) - Chama cha Mapinduzi (C.C.M.)

General Titles

President - Rais
Vice President - Makamu wa Rais
Prime Minister - Waziri Mkuu
Secretary - Katibu
Advisor - Mshauri(wa-)
Minister - Waziri
Ambassador, High Commissioner - Balozi(ma-)
Leader - Kiongozi(vi-)
Senior - Mwandamizi(wa-)
Assistant - Msaidizi(wa-)
Chief, Principal - Mkuu(wa-)
Officer - Ofisa
Inspector - Mkaguzi(wa-)
Engineer - Mhandisi(wa-)
Economist - Mchumi(wa-)
Superintendent - Mrakibu(wa-)
Manager - Meneja
Representative - Mjumbe(wa-)
Expert - Bingwa(ma-)
Consultant - Mwelekezi(wa-)
Designer - Mrasimu(wa-)
Statistician - Mtarakimu(wa-)
Registrar - Msajili(wa-)
Supervisor - Misimamizi(wa-)

General Place Names

Ministry - Wizara
Office - Ofisi
Embassy - Ubalozi
Department, Division - Idara
Unit, Section - Sehemu
Region - Mkoa(mi-)

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* Compiled from Tafsiri Sanifu Number 1 (1974) and Number 2 (1976). Published by Baraza la Kiswahili la Taifa, Dar-es-Salaam, Tanzania.

Ministry of Agriculture - Wizara ya Kilimo

Minister for Agriculture - Waziri wa Kilimo
Agricultural Officer - Ofisa wa Kilimo
Agricultural Economist - Mchumi wa Kilimo
Project Manager - Meneja wa Miradi
Field Officer - Ofisa wa Nje
Veterinary Officer - Ofisa wa Utabibu Wanyama
Livestock Officer - Ofisa wa Mifugo
Tsetse Officer - Ofisa wa Mbung'o
Crop Officer - Ofisa wa Mimea
Poultry Officer - Ofisa wa Kuku
Hides Examiner - Mfanidi Ngozi

Ministry of Capital Development - Wizara wa Ustawishaji Makao Makuu

Minister of Capital Development - Waziri wa Ustawishaji Makao Makuu
Economic Advisor - Mshauri wa Uchumi

Ministry of Commerce - Wizara ya Biashara

Minister of Commerce - Waziri wa Biashara
Economic Expert - Bingwa wa Uchumi
Commercial Officer - Ofisa wa Biashara

Internal Trade - Biashara ya Ndani
External Trade - Biashara ya Nje

Ministry of Communication and Transport - Wizara ya Mawasiliano na Uchukuzi

Minister of Communication and Transport - Waziri wa Mawasiliano na Uchukuzi

Roads and Aerodromes Division - Idara ya Barabara na Viwanja vya Ndege

FireFighting Branch - Sehemu ya Kuzima Moto
Fire Officer - Ofisa wa Kuzima Moto
Regional Officer - Ofisa wa Mkoa

Aviation Division - Idara ya Ugavi
Pilot - Rubani

Ministry of Defense and National Service - Wizara ya Ulinzi na Jeshi la Kujenga Taifa

Minister for Defense and National Service - Waziri wa Ulinzi na Jeshi la Kujenga Taifa

National Service Section - Sehemu ya Jeshi la Kujenga
Director of National Service - Mkurugenzi wa Jeshi la Kujenga Taifa

The Tanzania People's Defense Forces - Jeshi la Wananchi la Tanzania

Quartermaster - Mfawidhi
Lieutenant-Colonel - Luteni Kanali
Lieutenant - Luteni
Colonel - Kanali
Sergeant - Sajini
Corporal - Koplo
Paymaster - Ofisa Mlipaji
Staff Officer - Ofisajeshi

Political Education Section - Sehemu ya Elimu ya Siasa

Ministry of Finance and Planning - Wizara ya Fedha na Mipango

Minister of Finance and Planning - Waziri wa Fedha na Mipango
Commissioner for Finance and Planning - Kamishna wa Fedha na Mipango

The Treasury - Hazina
Deputy Secretary to the Treasury - Naibu Katibu wa Hazina
Economic Advisor to the Treasury - Mshauri Uchumi wa Hazina

Revenue Division - Idara ya Mapato
Director of Revenue - Mkurugenzi wa Mapato
Revenue Advisor - Mshauri wa Mapato

Department of Economic Affairs - Idara ya Mambo ya Uchumi

Treasury Registrar's Department - Idara ya Msajili wa Hazina

Budget Division - Idara ya Makadirio ya Fedha

Ministry of Foreign Affairs - Wizara ya Mambo ya Nchi za Nje

Minister for Foreign Affairs - Waziri wa Mambo ya Nchi za Nje

Africa and Middle East Division - Idara ya Afrika na Mashariki ya Kati

Diplomatic Section - Sehemu ya Ubalozi
Embassy - Ubalozi
Ambassador - Balozi
High Commissioner - Balozi

Hospitality and Ceremonial Section - Sehemu ya Makaribisho na Sherehe

Diplomatic and Consular Section - Sehemu ya Shughuli za Kibalozi

Foreign Services - Shughuli za Nchi za Nje

Permanent Mission to the United Nations (New York) - Ujembe wa Kudumu Kwenye Umoja wa Mataifa (N.Y.)
Permanent Representative - Mjumbe wa Kudumu

Ministry of Health - Wizara ya Afya

Minister for Health - Waziri wa Afya
Health Officer - Ofisa wa Afya

Curative Services Section - Sehemu ya Utibabu
Medical Officer - Daktari
Pharmacist - Mtaalum wa Madawa
Nursing Officer - Mwuguzi

Preventive Service Section - Sehemu ya Kuzuia Maradhi

Ministry of Home Affairs - Wizara ya Mambo ya Ndani

Minister for Home Affairs - Waziri wa Mambo ya Ndani

Tanzania Police Force - Jeshi la Polisi ya Tanzania
Inspector General of Police - Mkuu wa Jeshi la Polisi
Commissioner of Police - Kamishna wa Polisi
Superintendent of Police - Mrakibu wa Polisi

Criminal Investigation Department - Idara ya Upelezi wa Komao

Regional Police Headquarters - Mako Makuu ya Polisi ya Mkoa
Commissioner of Prisons - Kamishna wa Magereza

Immigration Division - Idara ya Uhamiaji
Immigration Officer - Ofisa wa Uhamiaji

Ministry of Industries - Wizara ya Vivwanda

Minister for Industries - Waziri wa Viwanda
Industrial Officer - Ofisa wa Viwanda
Inspector of Weights and Measures - Mkaguzi wa Vipimo
Industrial Economist - Mchumi wa Viwanda

Ministry of Information and Broadcasting - Wizara ya Habari na Utangaziji

Minister for Information and Broadcasting - Waziri wa Habari na Utangazaji
Information Officer - Ofisa wa Habari

Radio Tanzania Dar-es-Salaam - Redio Tanzania Dar-es-Salaam
Director of Broadcasting - Mkurugenzi wa Idhaa
Programs Officer - Ofisa wa Vipindi
Commercial Programs Section - Sehemu ya Vipindi vya Biashara
Radio Engineer - Mhandisi wa Redio
Technical Assistant - Msaidizi wa Ufundi

Visual Aid Section - Sehemu ya Picha

Film Unit - Sehemu ya Senema

Government Printer - Mpigachapa wa Serikali
Press Superintendent - Mrakibu Chapa

Ministry of Justice - Wizara ya Sheria

Minister for Justice - Waziri wa Sheria
Attorney-General - Wakili Mkuu wa Serikali
Legal Consultant - Mwelekezi wa Sheria
State Attorney - Wakili wa Serikali
Law Secretary - Katibu wa Sheria
Customary Law Advisor - Mshauri wa Sheria za Mila
Parlimentary Draftsman - Mrasimu Sheria
Investigation Officer - Ofisa wa Uelelezi
Bankruptcy Officer - Ofisa wa Taflisi

Ministry of Labor and Social Welfare - Wizara ya Kazi na Ustawi wa Jamii

Minister for Labor and Social Welfare - Waziri wa Kazi na na Ustawi wa Jamii

Labor Division - Idara ya Kazi
Labor Commissioner - Kamishna wa Kazi
Labor Officer - Ofisa wa Kazi
Employment Officer - Mwajirishaji
Factory Inspector - Mkaguzi Viwanda

Permanent Labor Tribunal - Baraza la Uamuzi Wafanyakazi

National Institute for Productivity Division - Idara ya Chuo cha Taifa

Social Welfare Division - Idara ya Ustawi wa Jamii
Commissioner for Social Welfare - Kamishna wa Ustawi wa Jamii
Welfare Officer - Ofisa wa Ustawi wa Jamii

Ministry of Lands, Housing and Urban Development - Wizara wa Ardhi, Nyumba na Maendeleo Mjini

Minister for Lands, Housing and Urban Development - Waziri wa Ardhi, Nyumba na Maendeleo Mjini

Finance and Establishment Division - Idara ya Fedha na Utumishi

Internal Auditor - Mkaguzi Hesabu wa Ndani

Rent Tribunal - Baraza la Kodi

Land Division - Idara ya Ardhi
Commissioner for Lands - Kamishna wa Ardhi
Land Officer - Ofisa wa Ardhi

Estate Management Section - Sehemu ya Kusimamia Ardhi

Customary Land Tribunal Section - Sehemu ya Baraza la Usuluhishi wa Ardhi ya Jadi

Land Registry Division - Idara ya Kusajili Ardhi
Registrar of Titles - Msajili wa Hati
Registration Officer - Ofisa wa Usajili
Commissioner for Surveys and Maps - Kamishna wa Upimaji na Ramani
Surveyor - Mpima Ardhi
Records Officer - Ofisa Mweka Kumbukumbu
Cartographer - Mrasimu-Ramani
Photolithographer - Mchapa Ramani
Photogrammetrist - Mpima Picha

Valuation Division - Idara ya Uthamini
Valuer - Mthamini

Housing Division - Idara ya Nyumba
Commissioner for Housing - Kamishna wa Nyumba
Co-operative Officer - Ofisa wa Ushirika
Director of Town Planning - Mkurugenzi wa Mipango ya Miji
Town Planning Officer - Ofisa wa Mipango ya Miji
Draughtsman - Mrasimu Ramani

Ministry of Manpower Development - Wizara ya Maendeleo ya Utumishi

Minister for Manpower Development - Waziri wa Maendeleo ya Utumishi

Manpower Officer - Ofisa wa Maendeleo ya Utumishi
Director of Statistics - Mkurugenzi wa Takwimu

Labor and Price Statistics Section - Sehemu ya Takwimu za Utumishi na Ujira

Industrial Statistics Section - Sehemu ya Takwimu za Viwanda

Population and Tourism Statistics Section - Sehemu ya Takwimu za Watu na Utalii

Agricultural Statistics Section - Sehemu ya Takwimu za Kilimo

Data Processing Section - Sehemu ya Mipango ya Vijulikanavyo
Data Preparation Controller - Msimamizi wa Kupanga Vijulikanavyo

Ministry of National Culture and Youth - Wizara ya Utamaduni wa Taifa na Vijana

Minister for National Culture and Youth - Wizara wa Utamaduni wa Taifa na Vijana

National Festivals and State Celebrations Office - Ofisi ya Maadhimisho na Sikukuu za Taifa

Ministry of National Education - Wizara ya Elimu ya Taifa

Minister for National Education - Waziri wa Elimu ya Taifa

National Education Division - Idara ya Elimu ya Taifa
Director of National Education - Mkurugenzi wa Elimu ya Taifa
Education Officer - Ofisaelimu
Commissioner for Culture - Kamishna wa Utamaduni
Swahili Language Promoter - Mkuzaji Lugha ya Kiswahili
Music Promoter - Mkuzaji Muziki
Editor of Lugha Yetu - Mhariri wa Lugha Yetu

Wizara ya Elimu ya Taifa (yanaendelea)

Antiquities - Mambo ya Kale
Conservator of Antiquities - Mtunzaji wa Mambo ya Kale

National Archives Division - Idara ya Nyaraka za Kale za Taifa
Director of National Archives - Mkurugenzi wa Nyaraka za Kale za Taifa

Archivist - Mhifadhi Hati

Examination Sections - Sehemu ya Mitihani

Technical College - Chuo cha Ufundi
Advisor to the Ministry of National Education on Technical Education - Mshauri wa Wizara ya Elimu ya Taifa Kuhusu Elimu ya Ufundi

College of Business Education - Chuo cha Elimu ya Biashara

University of Dar-es-Salaam - Chuo Kikuu cha Dar-es-Salaam

Ministry of Natural Resources and Tourism - Wizara ya Maliasili na Utalii

Minister for Natural Resources and Tourism - Waziri wa Maliasili na Utalii

Tourism Division - Idara ya Utalii
Director of Tourism - Mkurugenzi wa Utalii
Tourist Officer - Ofisa wa Utalii
Conservator - Mhifadhi

Game Division - Idara ya Wanyama wa Porini
Director of Game - Mkurugenzi wa Wanyama wa Porini

Fisheries Division - Idara ya Uvuvi
Director of Fisheries - Mkurugenzi wa Uvuvi
Fisheries Officer - Ofisa wa Uvuvi

Forestry Division - Idara ya Misitu
Director of Forestry - Mkurugenzi wa Misitu
Forestry Officer - Ofisa wa Misitu

Ministry of Water, Energy and Minerals - Wizara ya Maji, Nishati na Madini

Minister for Water, Energy and Minerals - Waziri wa Maji, Nishati na Madini

Water Officer - Ofisa wa Maji
Water Registrar - Msajili wa Maji
Electrical Engineer - Mhandisi wa Umeme

Mineral Resources Division - Idara ya Madini
Commissioner for Mineral Resources - Kamishna wa Madini
Mining Geologist - Mhandisi wa Ardhi za Migodi
Mining Engineer - Mhandisi wa Migodi
Controller of Mines - Mdhibiti Migodi
Cartographer - Mrasimu Ramani

Ministry of Works - Wizara ya Ujenzi

Minister of Works - Waziri wa Ujenzi

Building Division - Idara ya Majenzi
Architect - Msanifu Ujenzi

Quantity Surveying and Contracts Division - Idara ya Kukadiria Majenzi na Kondrati
Quantity Surveyor - Mkadiria Majenzi

NCHI YA KIJAMAA*

Nchi yenye ujamaa kamili ni nchi ya wafanya kazi; haina ubepari wala ukabaila. Haina tabaka mbili za watu: tabaka ya chini ya watu wanaoishi kwa kufanya kazi, na tabaka ya juu ya watu wanoishi kwa kufanyiwa kazi. Katika nchi ya ujamaa kamili mtu hamnyonyi mtu, bali kila awezaye kufanya kazi hufanya kazi, na kila mfanya kazi hupata pato la haki kwa kazi aifanyayo na wala mapato ya wanfaya kazi mbali mbali hayapitani mno.

Katika nchi ya ujamaa kamili watu peke yao ambao huishi kwa jasho la wenzao, na ni haki yao kuishi kwa jasho la wenzao ni watoto wadogo, wazee wasiojiweza, vilema na wale ambao, kwa muda, jumuia imeshindwa kuwapatia kazi yoyote ya kujipatia riziki kwa nguvu zao wenyewe.

Nchi yetu ni nchi ya wakulima na wafanya kazi, lakini si nchi ya ujamaa kamili. Ina misingi ya ubepari na ukabaila na vishawishi vyake. Misingi hii ya ubepari na ukabaila yaweza ikapanuka na kuenea.

Namna ya pekee ya kujenga na kudumisha ujamaa ni kuthibitisha kuwa njia kuu zote za uchumi wa nchi yetu zinatowaliwa na wakulima na wafanya kazi wenyewe kwa kutumia vyombo vya serikali yao na vyama vyao vya ushirika. Pia ni lazima kuthibitisha kuwa chama kinachotawala ni chama cha wakulima na wafanya kazi.

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* Taken from Siri ya Majadiliano by B.K. Byarugaba, Tanzania Publishing House, Dar-es-Salaam, 1976.

Nchi kuu za uchumi ni: kama vile archi, misitu, madini, maji, mafuta, na nguvu za umeme, njia za habari, njia za usafirishaji; mabenki, na bima; biashara na nchi za kigeni na biashara za jumla; viwanda vya chuma, mashini, silaha, magari, simenti, mbolea, nguo, na viwanda chochote kikubwa ambacho kinategemewa na sehemu kubwa ya watu katika kupata riziki zao au kinachotegemewa na viwanda vingine; mashamba makubwa na hasa yale yanayotoa mazao ya lazima katika viwanda vikubwa.

Nchi haiwi ni ya ujamaa kwa sababu tu njia zake kuu au zote za uchumi hutawaliwa na serikali. Sharti serikali iwe inachaguliwa na kuongonzwa na wakulima na wafanya kazi wenyewe. Serikali ya Makaburu wa Rhodesia wa Afrika ya Kusini ikitwala au kumiliki njia zote za uchumi, hiyo itakuwa ni njia ya kukomoza udhalimu siyo njia ya kuleta ujamaa. Hakuna ujamaa wa kweli pasipo na demokrasi ya kweli.

CHOMBO CHA KUDUMISHA AMANI NA USALAMA*

Vita Kuu ya Kwanza na Vita Kuu ya Pili vilileta uhasama na msukosuko pamoja na hali ya wasi wasi wa amani. Hali hiyo ndiyo iliyafanya mataifa hayo yaweke misingi ya kuleta uelewano kwa kuunda chomba ambacho madhumuni na shabaha zake ni:
-kudhumisha amani na usalama duniani;
-kuleta uelewano na kuendeleza uhusiano wa kirafiki baina ya mataifa;
-kushirikiana katika kumaliza migogoro ya kiuchumi, kijamii, utamaduni na kuheshimu utu pamoja na kuheshimu uhuru na haki za binadamu; na
-Umoja huo ni chombo cha kuleta uelewano kwa kila hatua miongoni mwa mataifa katika kufikia madhumuni na shabaha zake.

Jina la'Umoja wa Mataifa' lilibuniwa na Rais Franklin D. Roosevelt wa Marekani na kutumiwa kwa mara ya kwanza katika tamko lililotolewa Januari mosi, 1942 wakati wawakilishi wa mataifa 26 walipotangaza kuendelea kupambana dhidi ya mataifa yaliyotajwa kama makorofi na yanayoleta uhasama. Mataifa hayo ni Ujerumani (kabla ya nchi hiyo kugawanywa Ujerumani Magharibi na Mashariki), Italia na Japan. Mataifa haya matatu yaliungana kati ya 1936-1945 wakati wa vita kuu ya pili kupambana na maadui zao.

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* Taken from Uhuru, 10/24/78.

Mkataba wa Umoja wa Matifa ulitayarishwa na wawakilishi wa nchi 50 kwenye mkutano wa kimataifa uliofanyika San Francisco toka tarehe 25-26 Juni, 1945. Majumbe hao walipitisha misingi ya mapendekezo yaliyofikiwa na wajumbe wa China, Urusi, Uingereza na Marekani katika mkutano wao ulifanyika Dumbarton Oaks kati ya Agosti na Oktoba mwaka 1944. Poland, ambayo haikuwakilishwa katika mkutano huo ilitia sahihi mkataba huo baadaye na kuwa mwanachama mwanzilishi wa 51.

Umoja wa Mataifa ulizaliwa rasmi tarehe 24 Oktoba, 1945 wakati mkataba wake ulipotiwa sahihi na China, Ufaransa, Urusi, Uingereza na Marekani na nchi nyingine zilizoshiriki katika mkutano wa San Francisco.

Ilikubaliwa uanachama wa Umoja wa Mataifa uwe wazi kwa mataifa yote yanayopenda amani ambayo yako tayari na yanakubali madhumuni ya Umoja huo na kutekeleza maamuzi yake.

GPO 864-255